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SUMMER
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Nuts

BRITAIN'S BIGGEST MEN'S WEEKLY

100%
NEW
PICS!

LUCY PINDER PRESENTS...

THE SEX ISSUE!

It's a rather racy read!

PLUS!
MURRAY!
BUTTON!

PLUS! NEW
BORAT
UNVEILED!



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THIS WEEK

24-30 JUNE 2011

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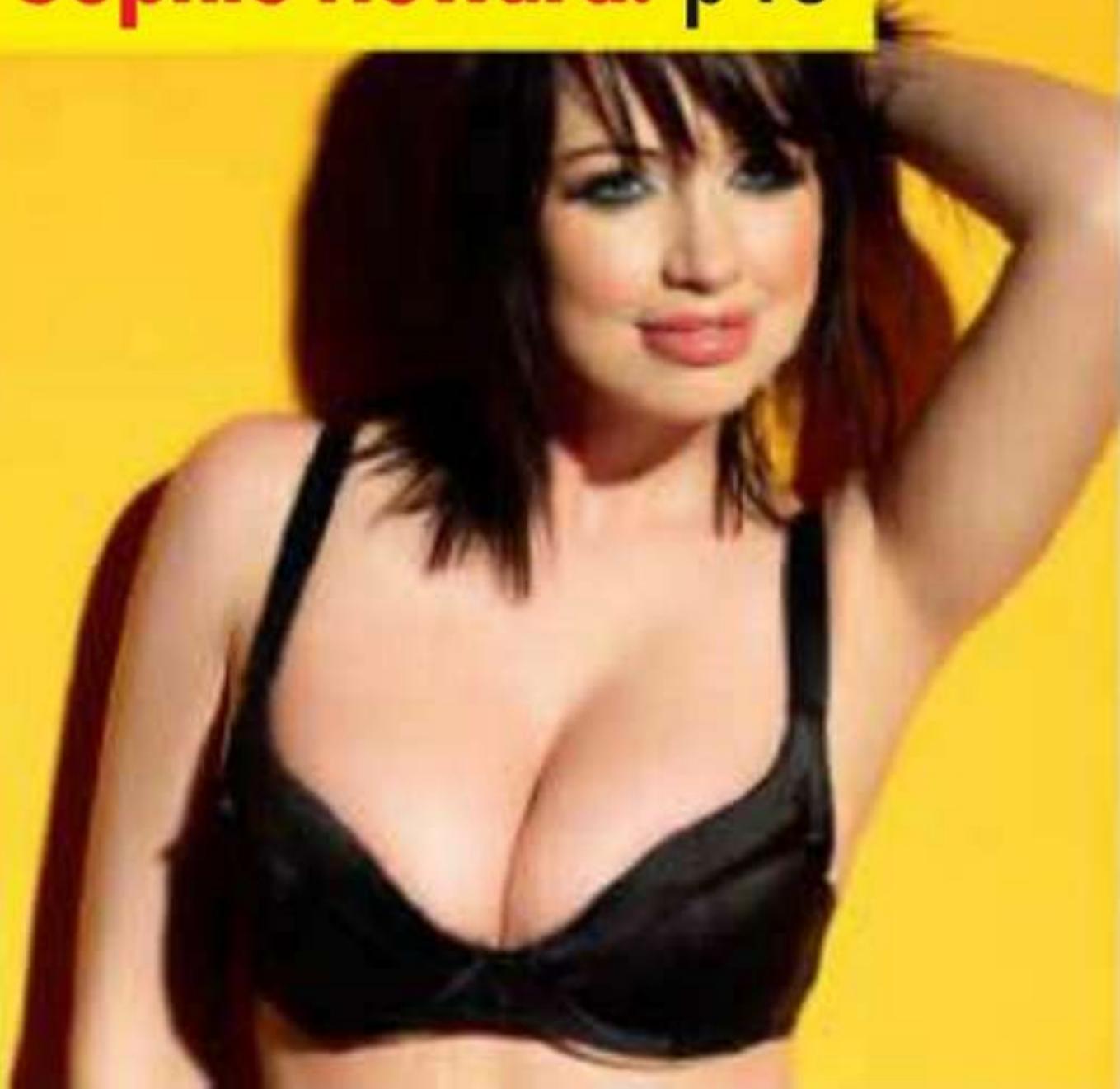


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THE
SEX
ISSUE!



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STARS!

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IN THE Nuts OFFICE!



Twenty20 Lazy Bar
Walkers pop in – cheers!



Pizza Express
feed us lunch

Nuts NEWS

MATCH POINT DOWN, EVERY WEEK

Nuts EXCLUSIVE!

Andy Murray: 'Course I can win Wimbledon!'

The high-haired ace on beating Nadal and being a grump!

Hi Andy! Congratulations on the win at Queen's. That makes you the first Brit to win there more than once for almost 80 years!

I'm pleased with the win, not just because I played good tennis but also because of the injuries I had. I think everyone knows I was close to pulling out after the first round but I gritted my teeth and got on with it. I'm glad I did, obviously.

So how does this set you up for Wimbledon? I'll go into the tournament with huge confidence. Can I win it? Of course I can! You have to have that mindset or there's no point in competing. My goal's always to get to the final and win it.

Do you have the game to beat the likes of Nadal, Federer and Djokovic? Yeah, I think I do. Every game, I'm still learning

but my game's in good shape. I'm moving better – which is important on grass – and hitting the ball well. My serve's a good weapon now, which is again essential at Wimbledon.

There's more pace and better consistency in my serve. All this comes from hard work in the gym and on the practice court.

Why's reigning Wimbledon champ and number one

Wimbledon seed Rafa Nadal so difficult to beat? I've known Rafa since I was a kid and he's always been strong, quick and able to deliver amazing ground strokes from wide positions. The main thing, though, is his determination. He never gives up and chases down lost causes, winning points he has no right

to win. It's difficult to play against a guy who can return a shot that would beat 99 per cent of other people!

What about the pressure of having a whole nation's hopes resting on your shoulders at Wimbledon?

It's nice that people are behind you but I don't really think about it. The pressure I feel comes from myself to succeed and to beat the guy on the other side of the net. That drives me on more than anything else. My head's in a good place at the moment, I'm feeling happier on and off the court and hopefully that shows in my tennis.

You do come across as a bit grumpy sometimes! I think that's something I can improve

on when on the court. I play my best tennis when I express myself so I'll be trying to do that over the next few weeks.

But what do you think about your reputation as a dour Scot?

People who don't know me can believe that stereotype – it doesn't bother me. Those closest to me know my personality – I enjoy a laugh and a joke like everybody else – but I'm deadly serious about my tennis.

Do you laugh about being called "Britain's Andy Murray" when you win but "Scotland's Andy Murray" when you lose?

I suppose I do. It's something I've had to get my head around – this whole English-Scottish thing. I'm a proud Scot who lives in London, so I'm not sure what the big deal is. At the end of the day, I'm British anyway.

Finally, what can we expect from Andy Murray at Wimbledon?

Hopefully someone who'll go out on court and fight and give everything. What motivates me? To improve, to win a Grand Slam, to win Wimbledon, to be number one in the world!





BRIT HOPE!

**"I want to be
number one
in the world!"**

Amazing Le Mans crash!

Scot driver cheats death at 120mph!



These eye-popping pics show the moment racing star Allan McNish's Audi R18 lost control and hurtled into the barriers at last week's Le Mans 24-hour race.

Incredibly, Scotsman McNish, 41, walked away from the carnage without injury, and afterwards announced to shocked onlookers: "I'll be back," like motor-racing's answer to The Terminator.

The drama unfolded as McNish's motor made contact with Frenchman Anthony Beltoise's Ferrari 458 Italia, sending the Audi cannoning through the air at 120mph!

Now the two-time Le Mans 24-hour winner is looking forward to racing again in a few weeks, although we reckon fans will think twice about standing so close to the track next time!



The car that saved a life!

- The R18's worth a small fortune. Audi says it "can't put a figure on it, but it's a seven-figure sum".
- Extremely light, yet high-strength materials are used – the R18 weighs just 900kg.
- The carbon-fibre composite design incorporates an aluminum honeycomb core, creating a tough cage for the driver.
- Right-hand drive means a less distorted seating position for the driver.
- For extra safety, ignition pressures are distributed between six cylinders.

WORDS: SI CUNNINGHAM PHOTOS: SPORTS PHOTO/MAXPPP



HE SURVIVED THIS!

"I'm sorry to have
to tell you, but
you've failed
your driving test"



Nuts **NEWS**

Nuts EXCLUSIVE!

Sacha Baron Cohen's new movie!

VILLAINOUS!

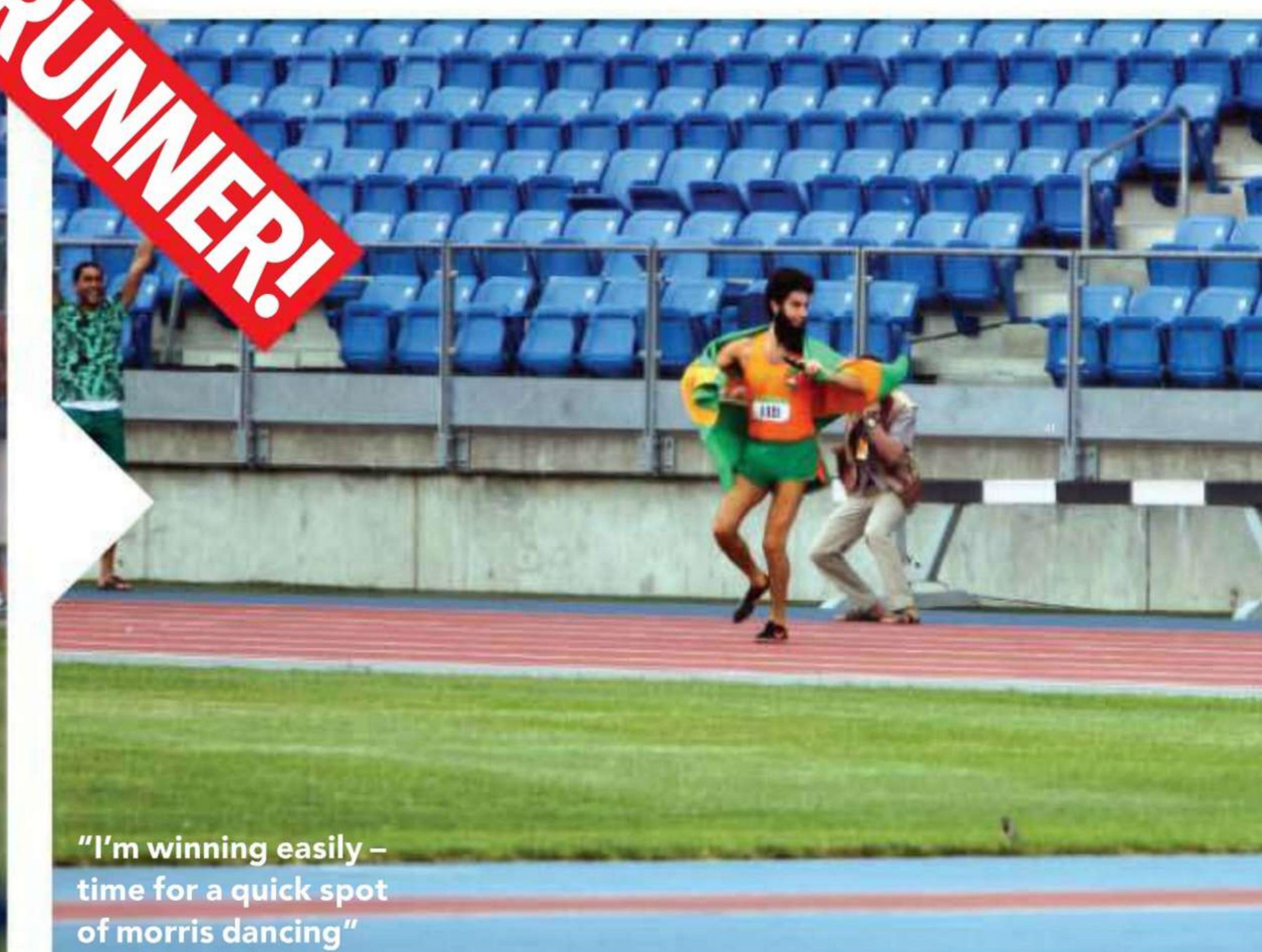
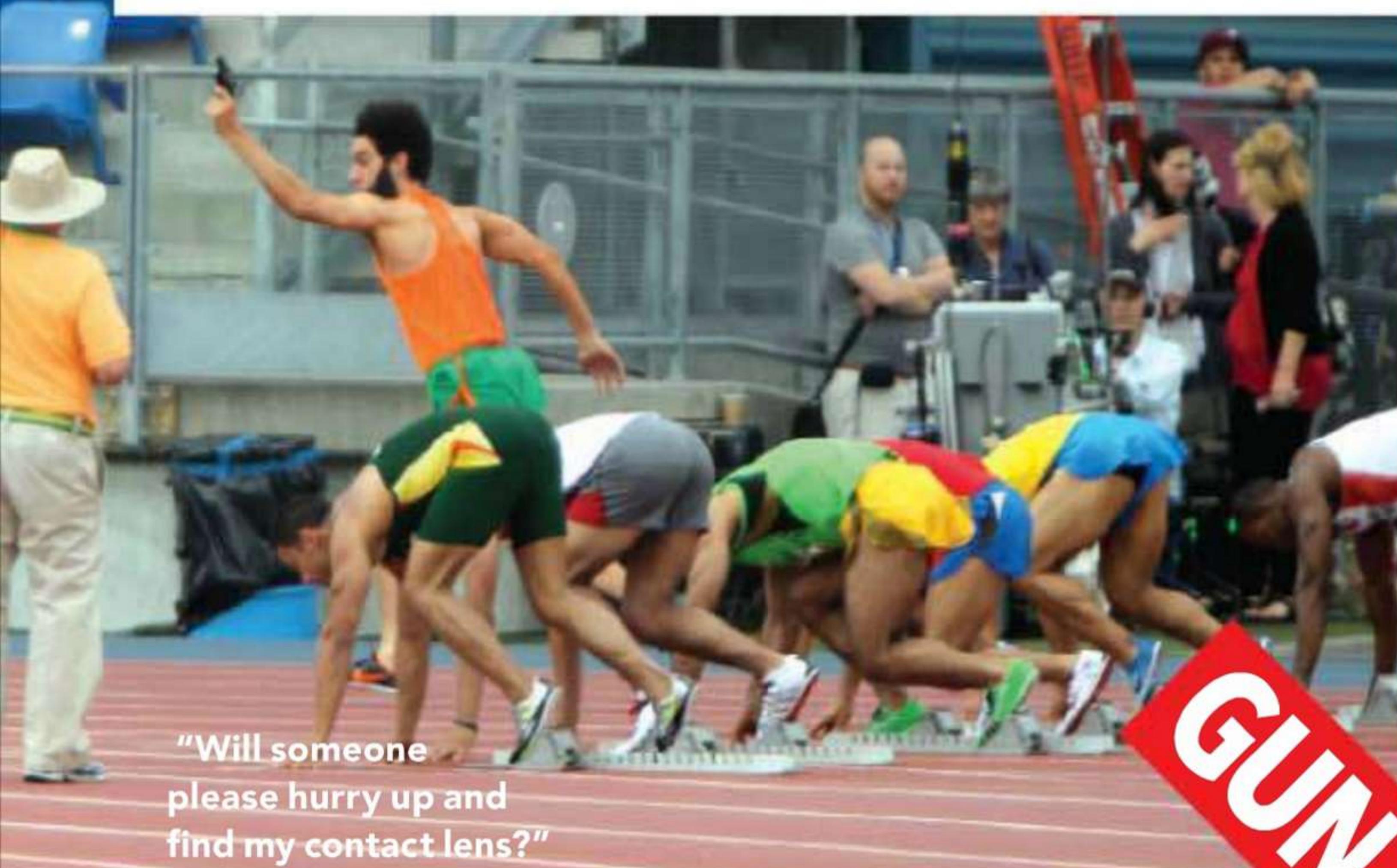
It's *The Dictator*! Has funny beards!

WORDS: RORY BUCKERIDGE
PHOTOS: PA PHOTOS

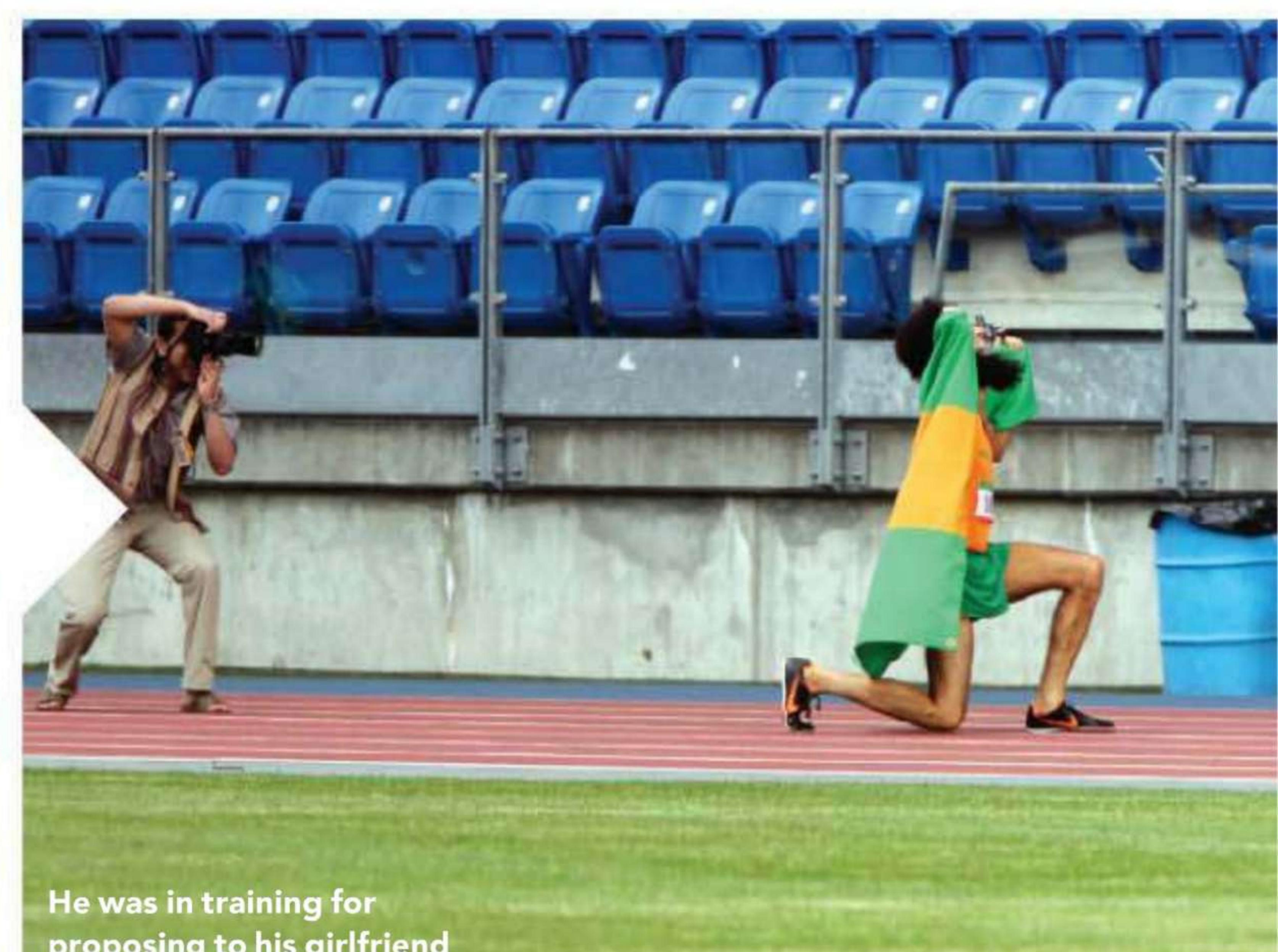
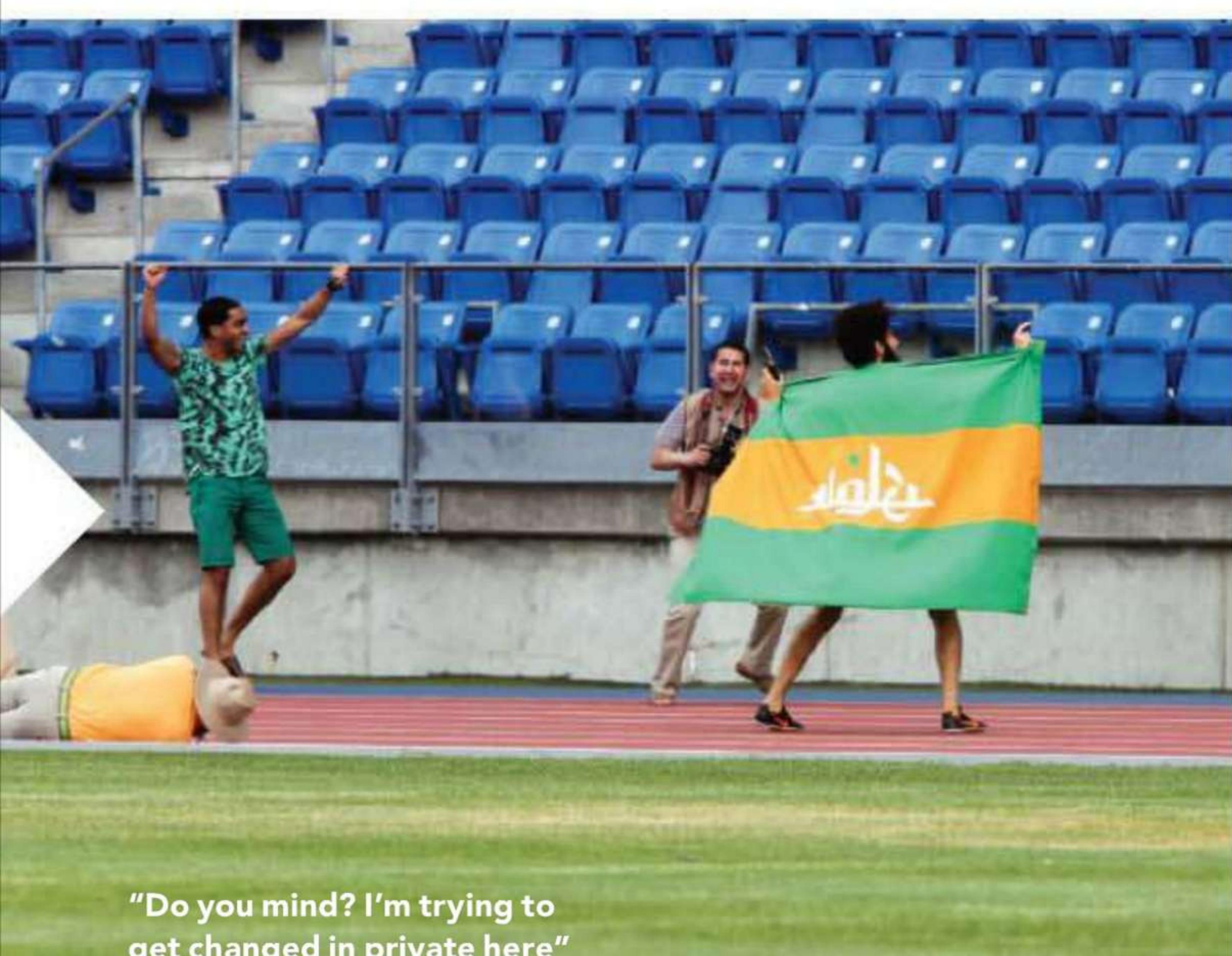
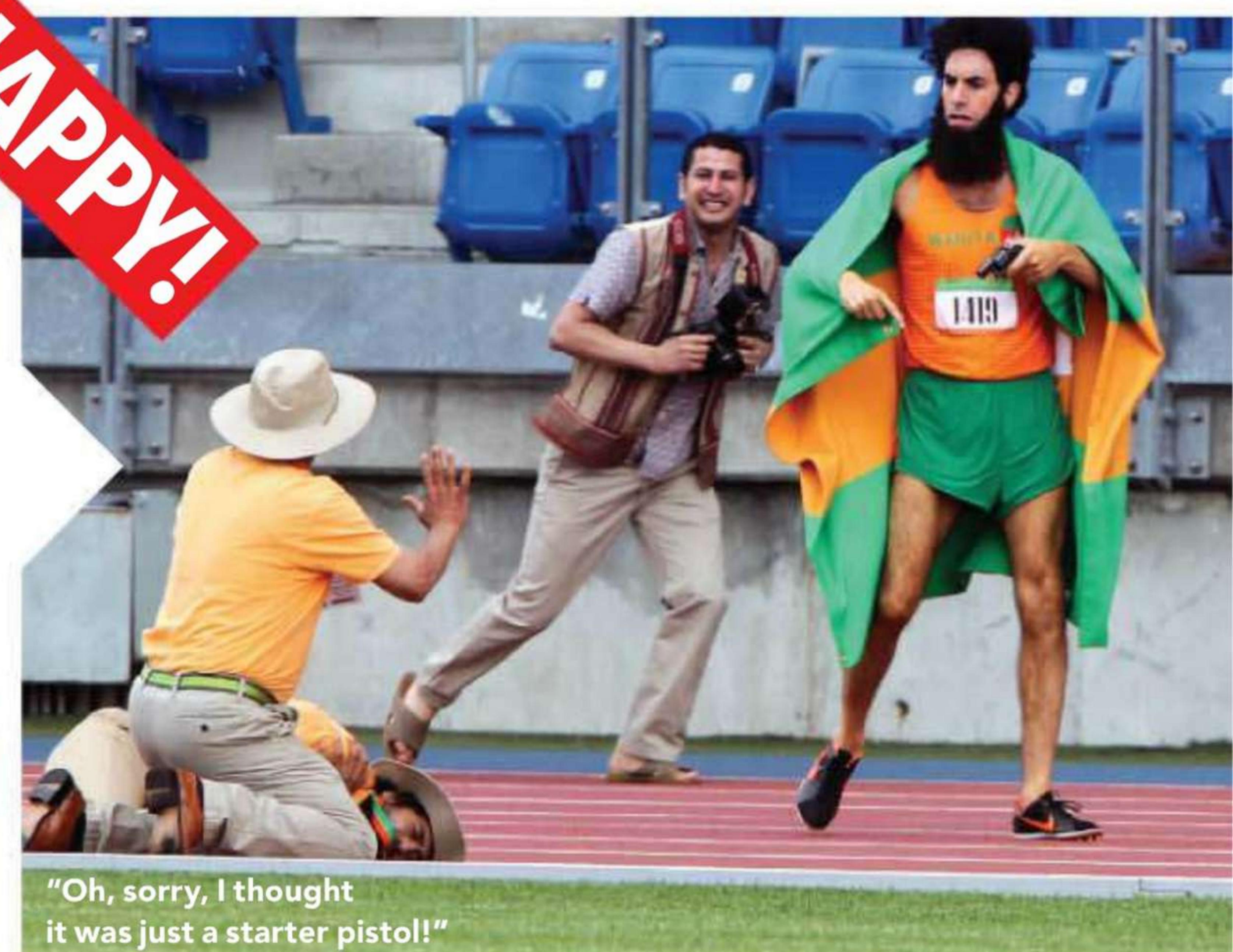
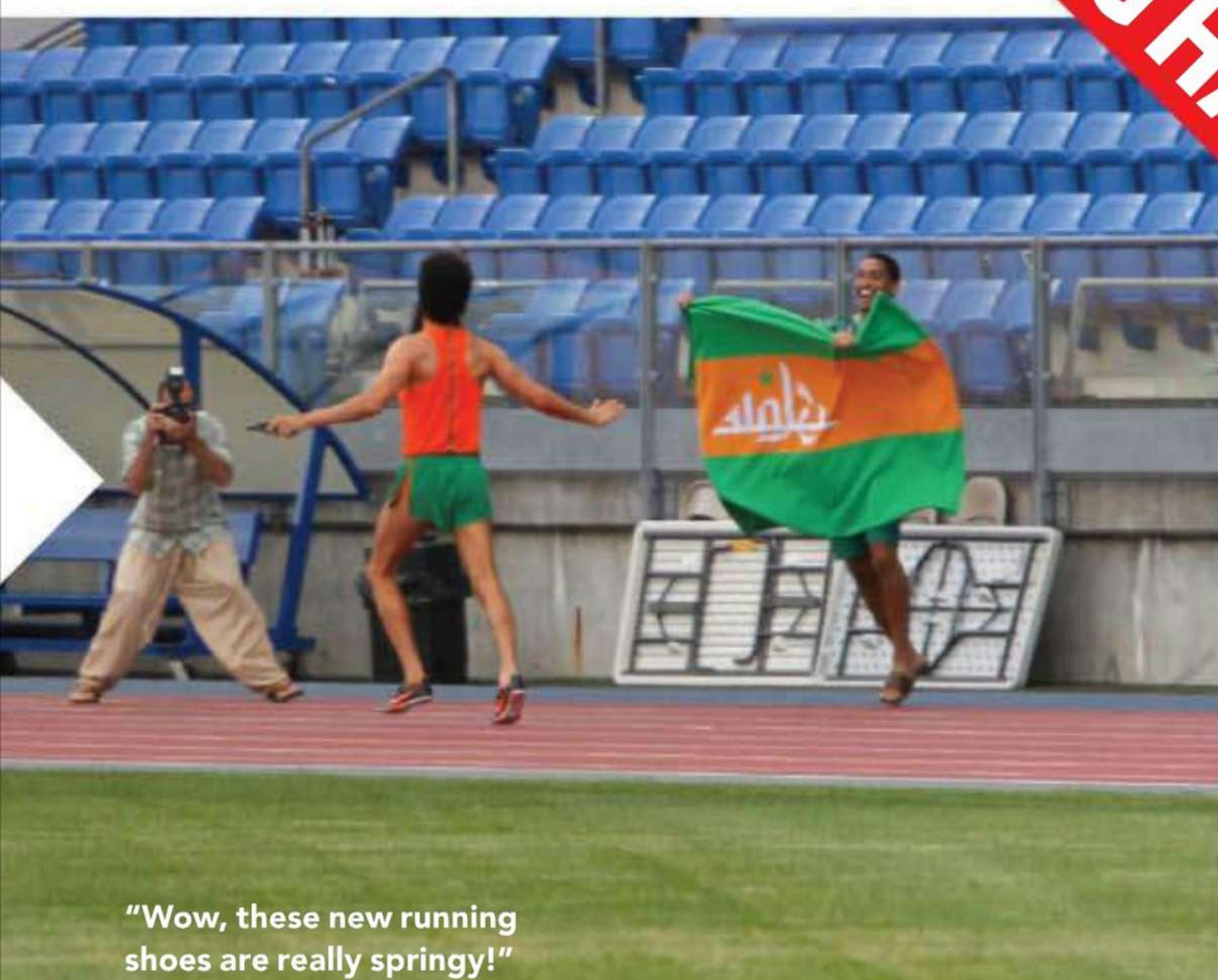
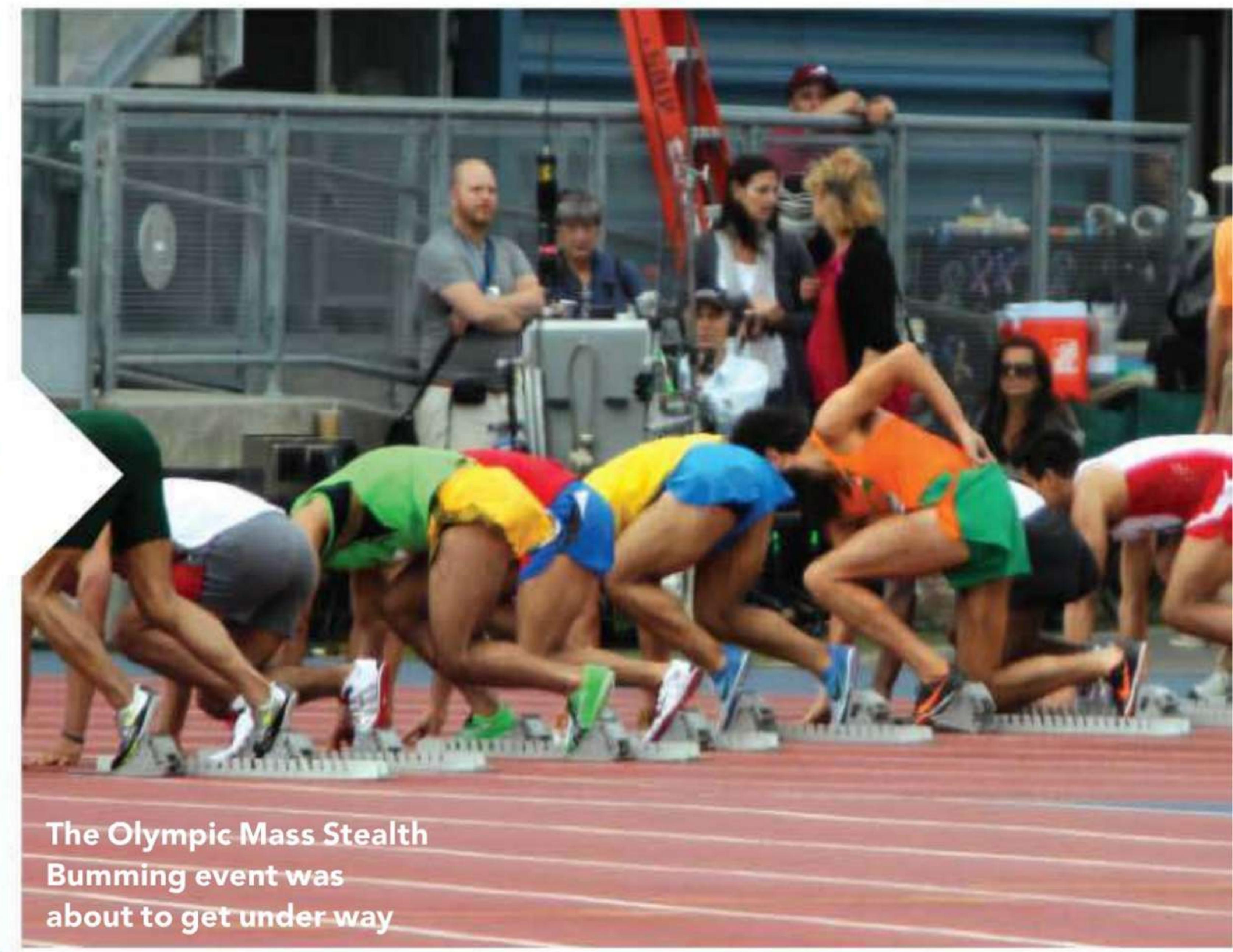
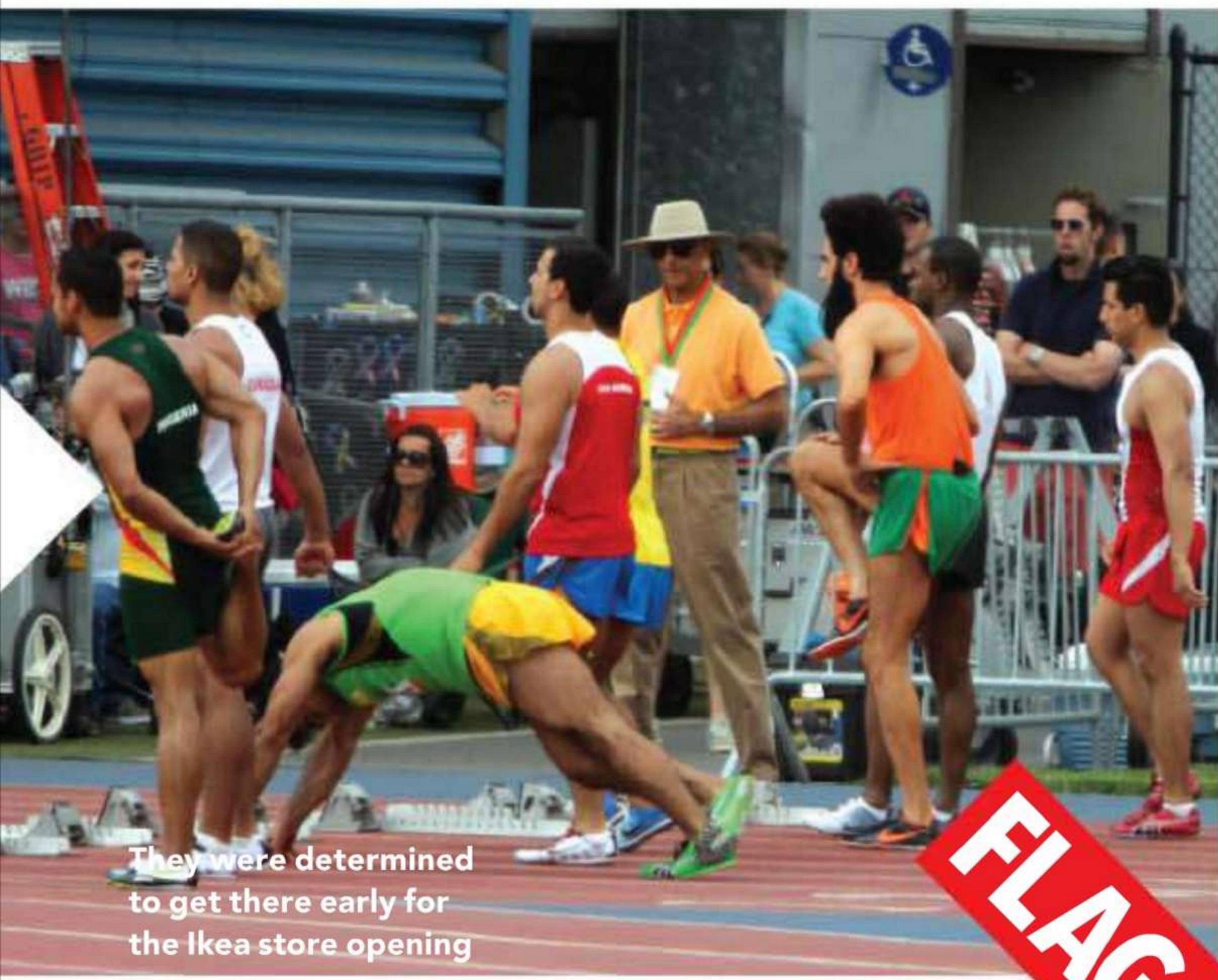
Here are the first shots of Sacha Baron Cohen's new movie, *The Dictator*. It's described by Cohen as the yarn of a "heroic dictator who risks his life to ensure that democracy will never come to the country he oppresses", and

the scene pictured shows our man winning a race by shooting his competitors dead!

It's based on the novel *Zabibah And The King*, a book the CIA believes was written by former Iraqi leader Saddam Hussein. So don't expect a sequel, eh?



GUN RUNNER!



Nuts EXCLUSIVE!

At home with Lucy Pinder!

Our Lucy strips for smellies!

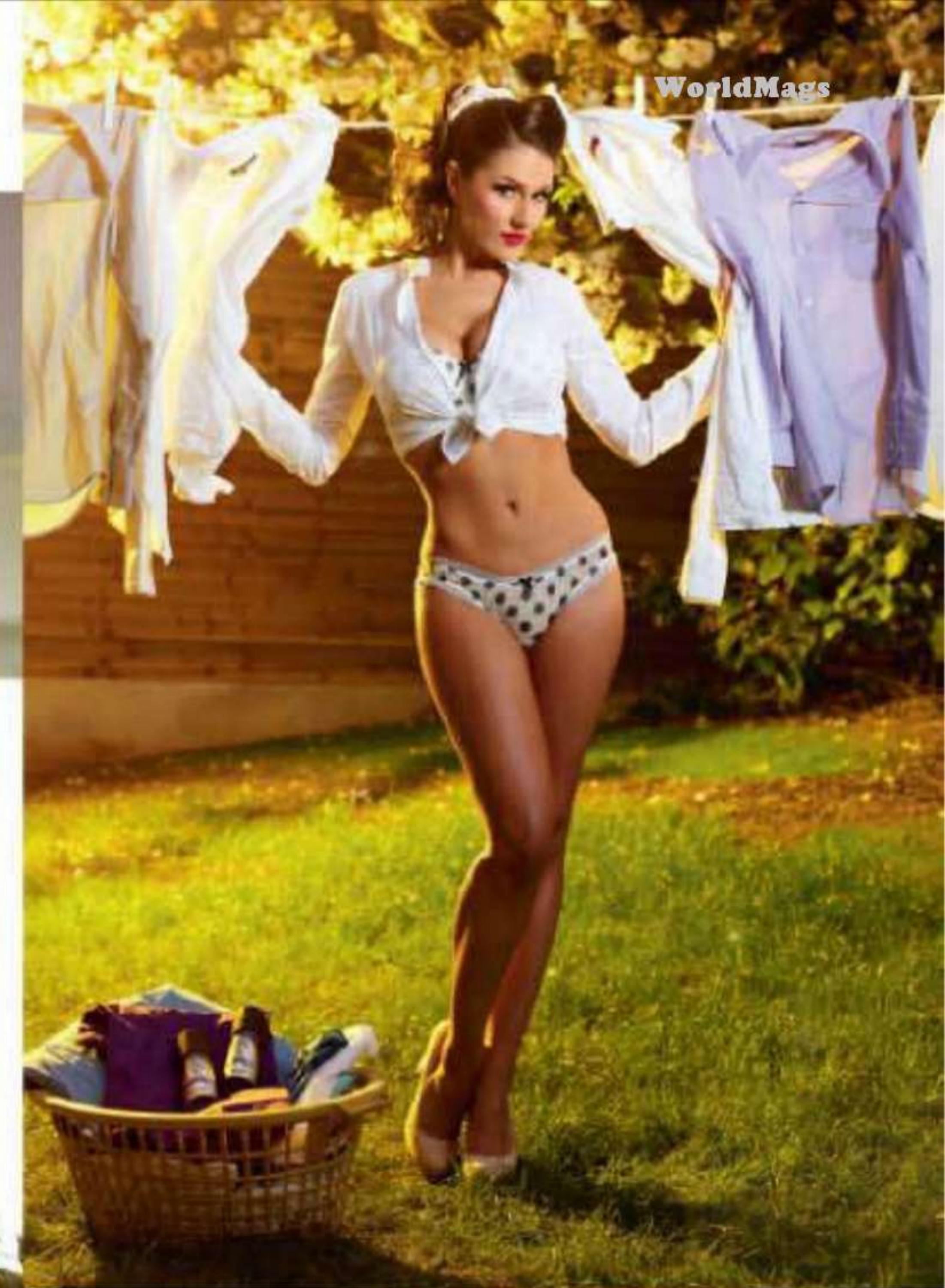
The campaigns from Lynx read like a Nutsipedia of the fairer sex, so it was only a matter of time before they sought out The Pinder. So here's our Lucy doing "lady" stuff like pulling a turkey out of her oven in praise of a deodorant. Random, yes. But it's the sexiest turkey-oven-pulling you'll see this week!

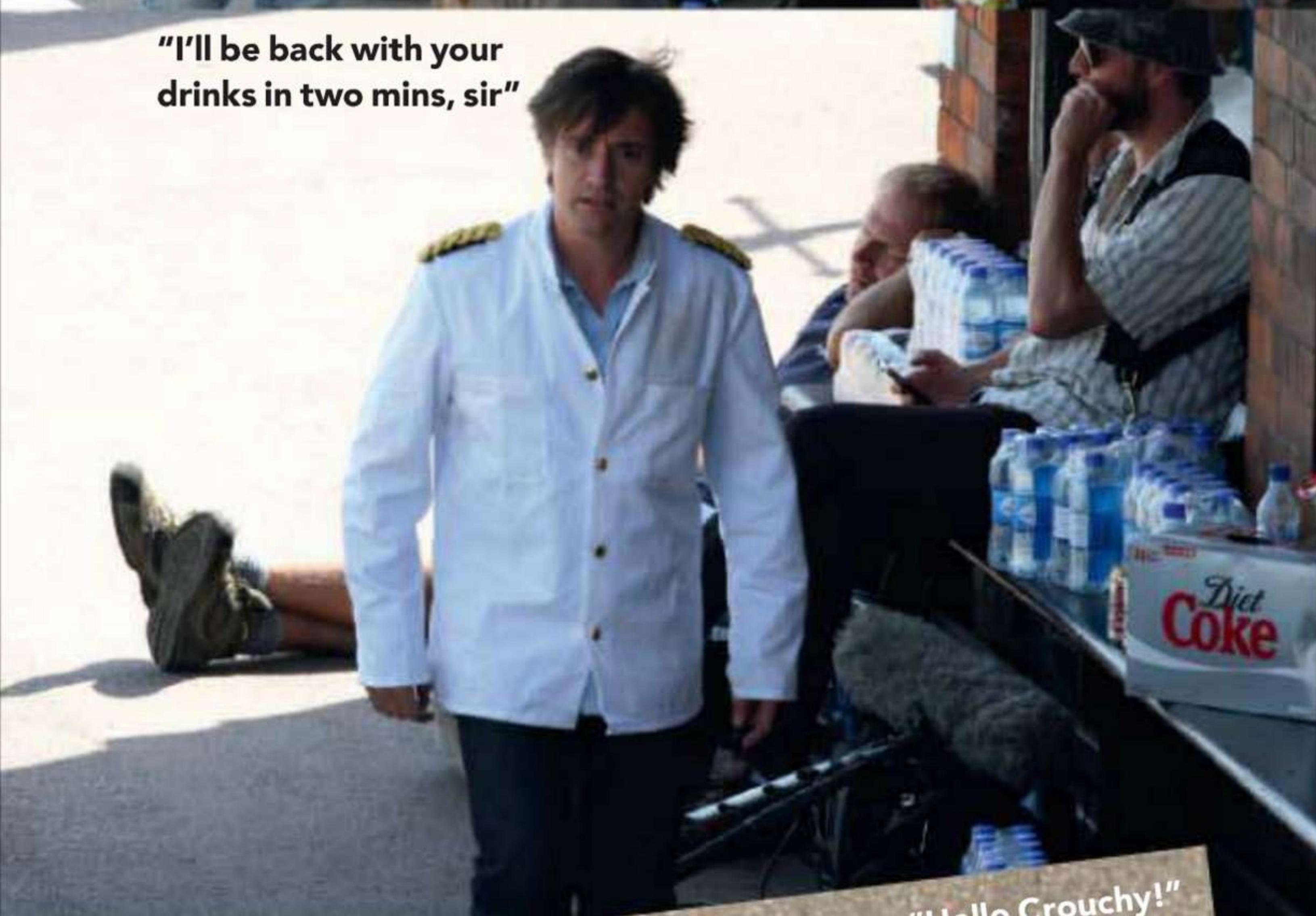
WORDS: RORY BUCKERIDGE

Visit lynxeffect.com for more info about Lynx Dry Full Control

CLEAN QUEEN!





Nuts **NEWS**

Nuts EXCLUSIVE!

Top Gear railway stunt!

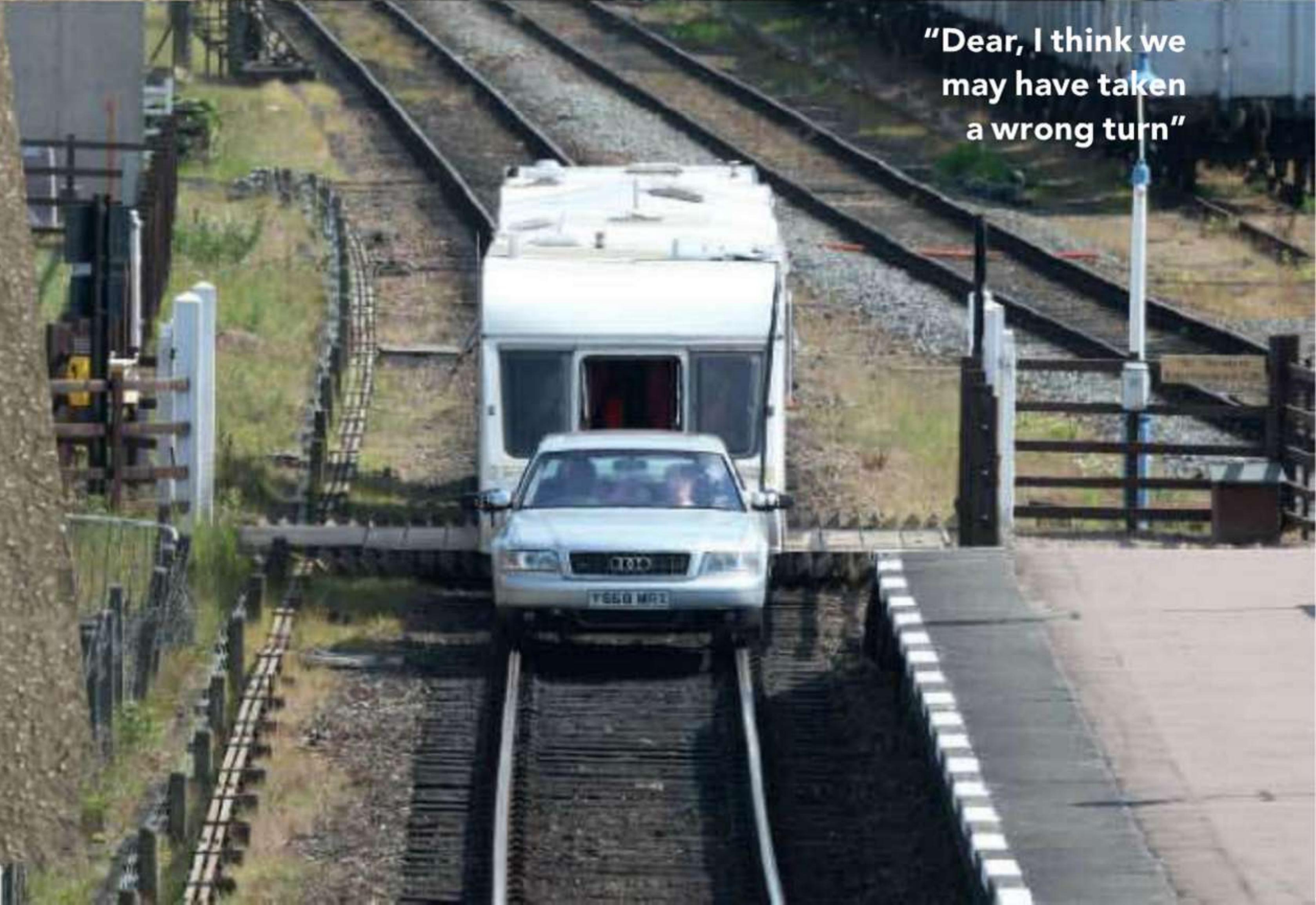
Cars on train tracks pulling stuff!

Last week, we brought you a sneak peek at *Top Gear*'s Jaguar E-Type stunt. This week, the boys have been putting train wheels on cars and pulling stuff along tracks!

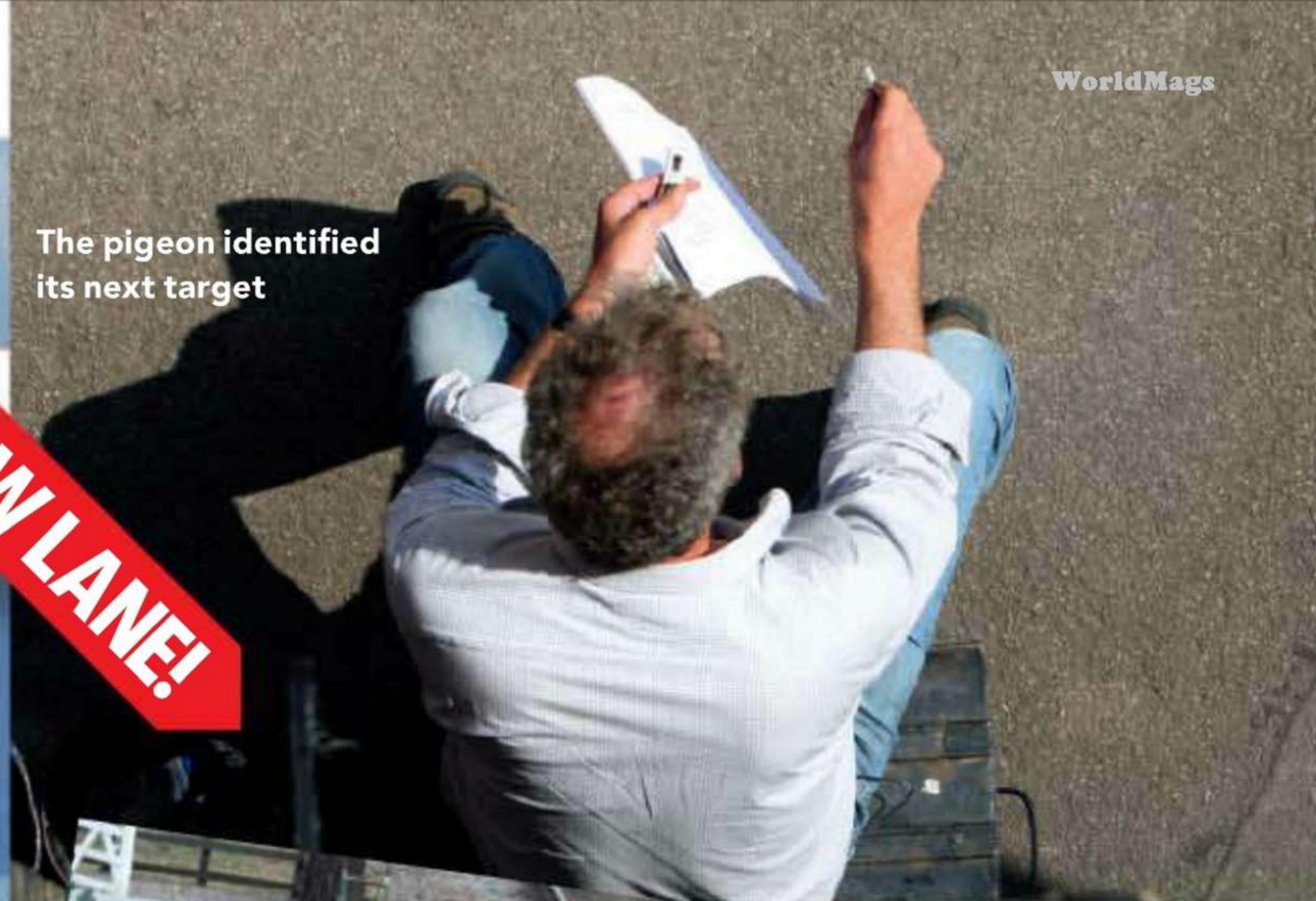
Clarkson drove a Jaguar XJ12 and pulled a rollercoaster car,

while Captain Slow and the Hamster piloted an Audi A8 Quattro, pulling four caravans!

All this happened on an old steam train line, which had to be closed off. So the chances of an InterCity coming the other way and wiping them out was slim!



WORDS: RORY BUCKRIDGE
PHOTOS: JOEL MARSTON





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0-62 IN 3.2 SECS!

"These Polish roads
are awful!"

It's a Polish supercar!

The mega-motor you've never heard of – Poland's Arrinera Venocara!

- The last car *Nuts* remembers coming out of Poland was the spectacularly awful FSO Polonez. It made Rover Metros look like objects of sexual desire. Thankfully, times change and Poland is set to enter the exotic land of supercars with Arrinera Automotive's Venocara.
- Clearly drawing inspiration from Lamborghini's back catalogue, the aggressively styled Venocara body shell is made entirely from lightweight carbon Kevlar.

- A flat floor, rear diffuser and huge air intakes provide aerodynamic downforce to suck the Venocara to the tarmac like a Dyson.
- Ceramic brakes dissipate heat and avoid fading when punished. Arrinera says they could last the car's lifetime – or 186,000 miles.
- The Venocara sits on a race-car-style tubular steel chassis with a 6.2-litre supercharged V8 mid-mounted behind the cockpit. Although it's not confirmed, the engine

- is likely to be derived from the Corvette ZR1.
- A central exhaust pokes out through the rear diffuser like the barrel of a sniper's rifle.
- No performance figures have been released, but we reckon 3.2 secs to 62mph and a top end of 210mph.
- Lift those scissor doors and you're greeted by a thermal-imaging camera: acting as X-ray specs, it scans the road ahead and identifies pesky humans or animals that could dive in your way.

- Arrinera says its baby will go on sale in the US, Europe, the Middle East and China late next year as either a roadster or coupé. Price tag? Around £250,000.



Interior design inspired
by *The Only Way Is Essex*

6.2-LITRE V8!



Sheikh Mansour
loved showing off
his new lawn mower

Zoo's rubbish tiger escape drill!

Fear for your life! Oh, on second thoughts, don't!

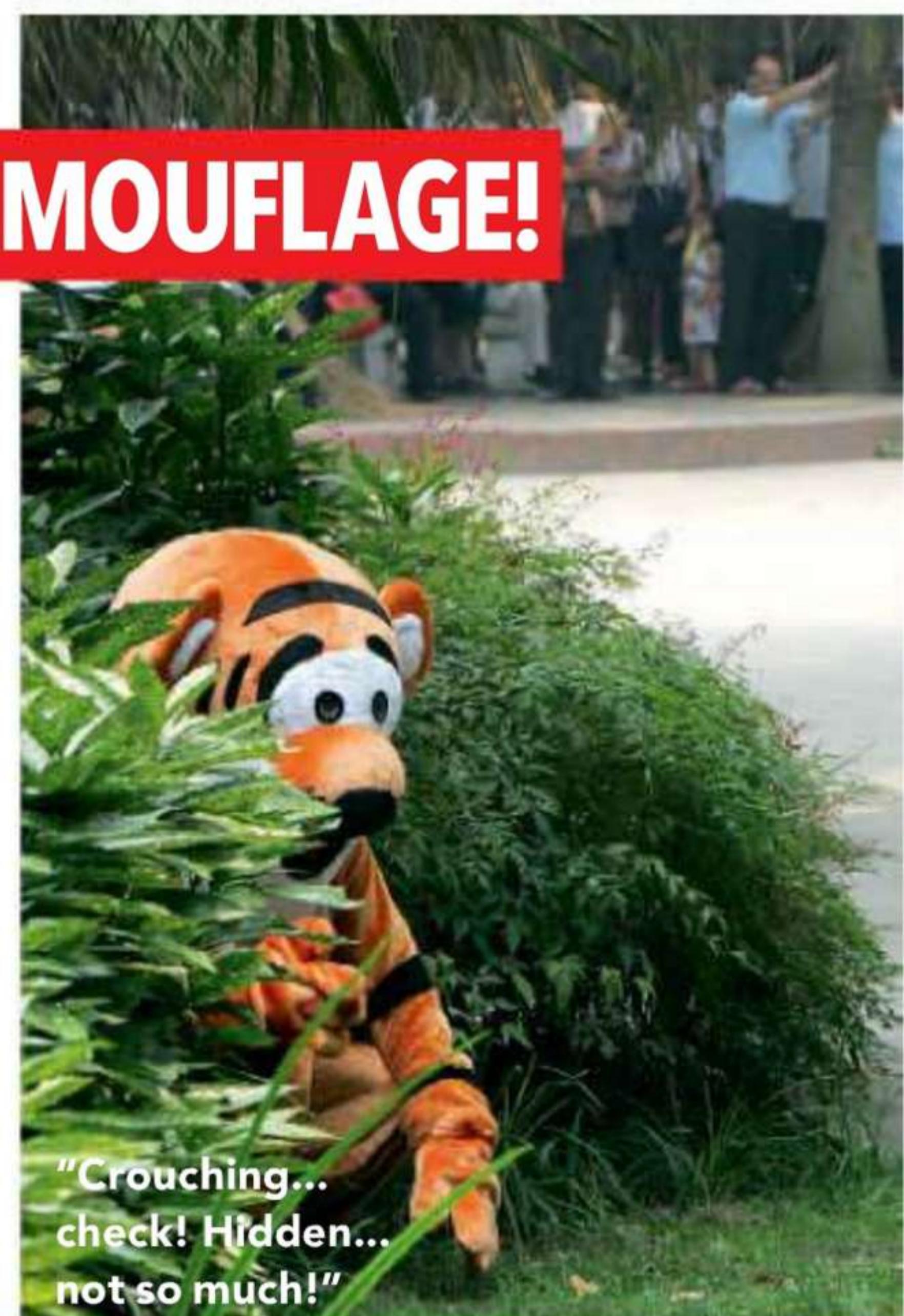
WORDS: PETE CASHMORE
PHOTOS: ALPHAPRESS.COM

When you run a zoo full of carnivorous animals, it's good to be prepared in case one of them gets loose. After all, nothing ruins a nice day at the zoo like loads of people being

eaten. But we're jiggered if we can see the benefit of this "tiger escape drill" at Chengdu Zoo in China's Sichuan Province. For one thing, the "tiger" can run on its hind legs and seems happier playing hide and seek than

eating people's faces. As far as we can see, the sole purpose of this exercise is to stretcher the rubbish tiger past the real one, as if to say, "See this? This is what happens if you try to run!" And that's just mean!

CAMOUFLAGE!



TAKEDOWN!



The catflap had been a bad idea

STRETCHED OFF!

Tigger had overdone it again

"Uh-oh... they got Harry!"

REAL BEAST!





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"I won't tell you again, get out of my garden!"



"I'm the guy who passed on *Avatar*!"

A QUICK WORD WITH...

Matt Damon

The Hollywood star on politics, paps and turning down hits!

Hi Matt! In your new film, *The Adjustment Bureau*, you play a politician. Are you thinking of running for office?

No! I certainly admire people who do, but it's not for me. You spend your life raising money to throw mud at people! I don't think the most effective use of my time is to go into politics. **But loads of film stars do. Just look at Arnie! Mind you, if you have any skeletons in your closet like he did...** Celebrities already get followed around 24 hours a day, having their picture taken. There's very little mystery left with public people. You can open up a magazine and see where they spent their entire week, when they went to Starbucks... there's very little intrigue.

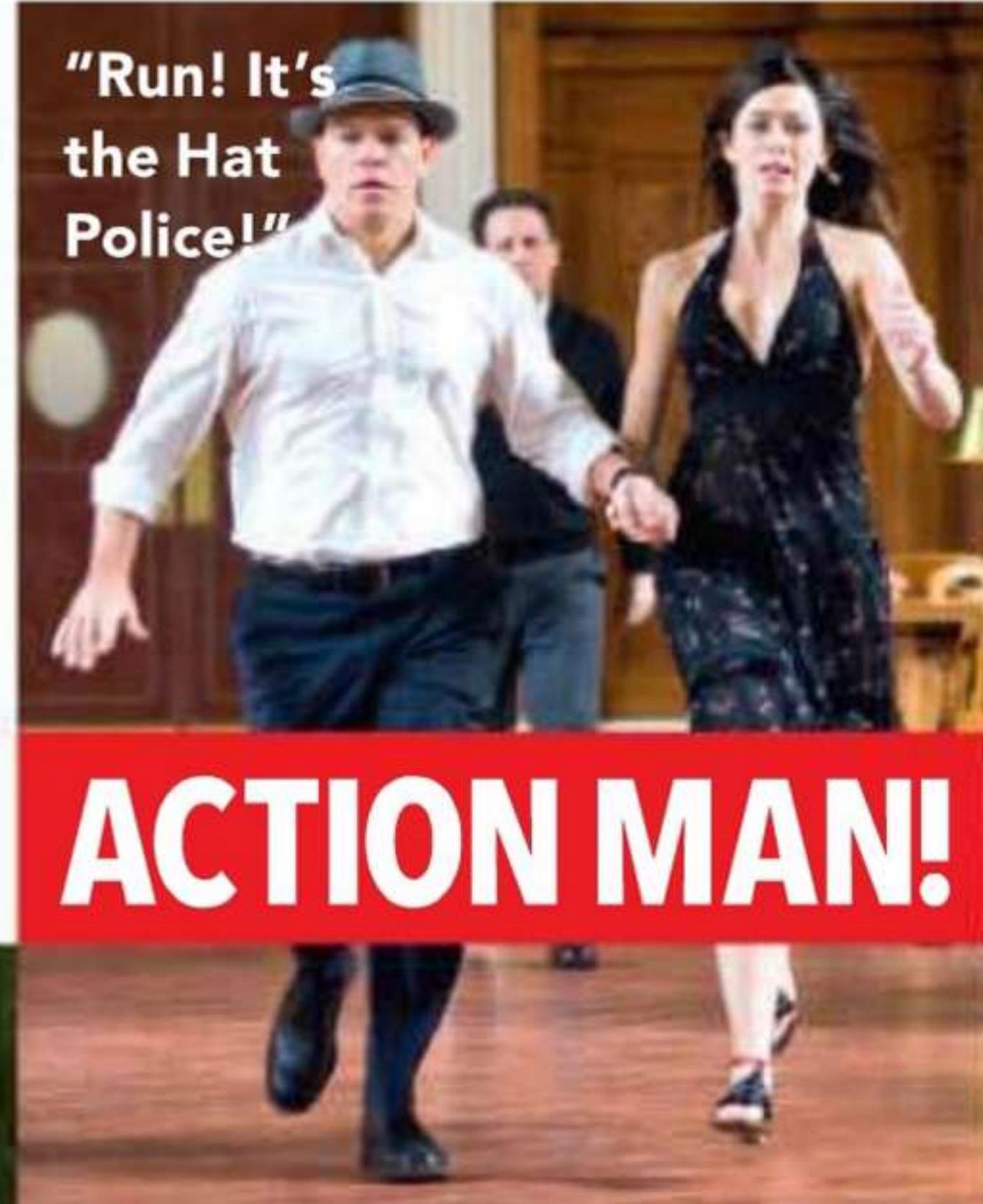
As for me, there's nothing scandalous about a middle-aged married guy with kids! **As a proper film star, what do you make of shows like *Geordie Shore*?** Thank God for them! I don't know who any of the people are, but they want to be in those magazines, so it's taken a lot of pressure off my shoulders!

The Adjustment Bureau is all about how accidents can change your

life. **Heavy question now – do you believe in destiny?** It's one of those questions that you can't answer, and I think that's why people have been asking it for millennia. We're trying to propose it in a fun way in this movie. I feel like I'm in control of everything until I look back at my life and go, "Wait a minute! What an odd series of events took place!" Every job that I auditioned for might have taken me down a different path. It's that thing where I feel stuff could be predestined but I sure like to think that my choices made things better!

Finally, can you recall any life-changing accidents that have changed the course of yours?

Well, I'm the guy who passed on *Avatar*! Score! The truth is, I was finishing *The Bourne Ultimatum* and I literally couldn't do it. I was desperate to work with James Cameron – I think he's a genius – but it really was out of my hands. It's too bad that I didn't do it because the movie clearly suffers from my absence!



ACTION MAN!

The Adjustment Bureau is out on DVD and Blu-ray on 4 July from Universal Pictures International Entertainment



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59.3cm tall

World's smallest man!

Meet Junrey Balawing –
shown here, actual size!

Most 18th birthday celebrations consist of cards laden with shoddy keys and an ironic pint or two down the pub. But Filipino tiddler Junrey Balawing's saw a visit from *Guinness World Records*, as he was crowned world's shortest man at a piddlingly wee 59.3cm. He celebrated by pulling on a swish T-shirt, then was refused a lager at his local, presumably

WORDS: RORY BUCKERIDGE PHOTO: PHOTOSHOT





18 YEARS OLD!



Nuts NEWS



Jennifer Metcalfe

On her hols, Spain

We put this to you: is this a snap of lovely Jen skipping across lush sand, smiling at a chum? Or a lady grimacing in pain as she traverses hot coals? Clue: it's the first one. Silly.



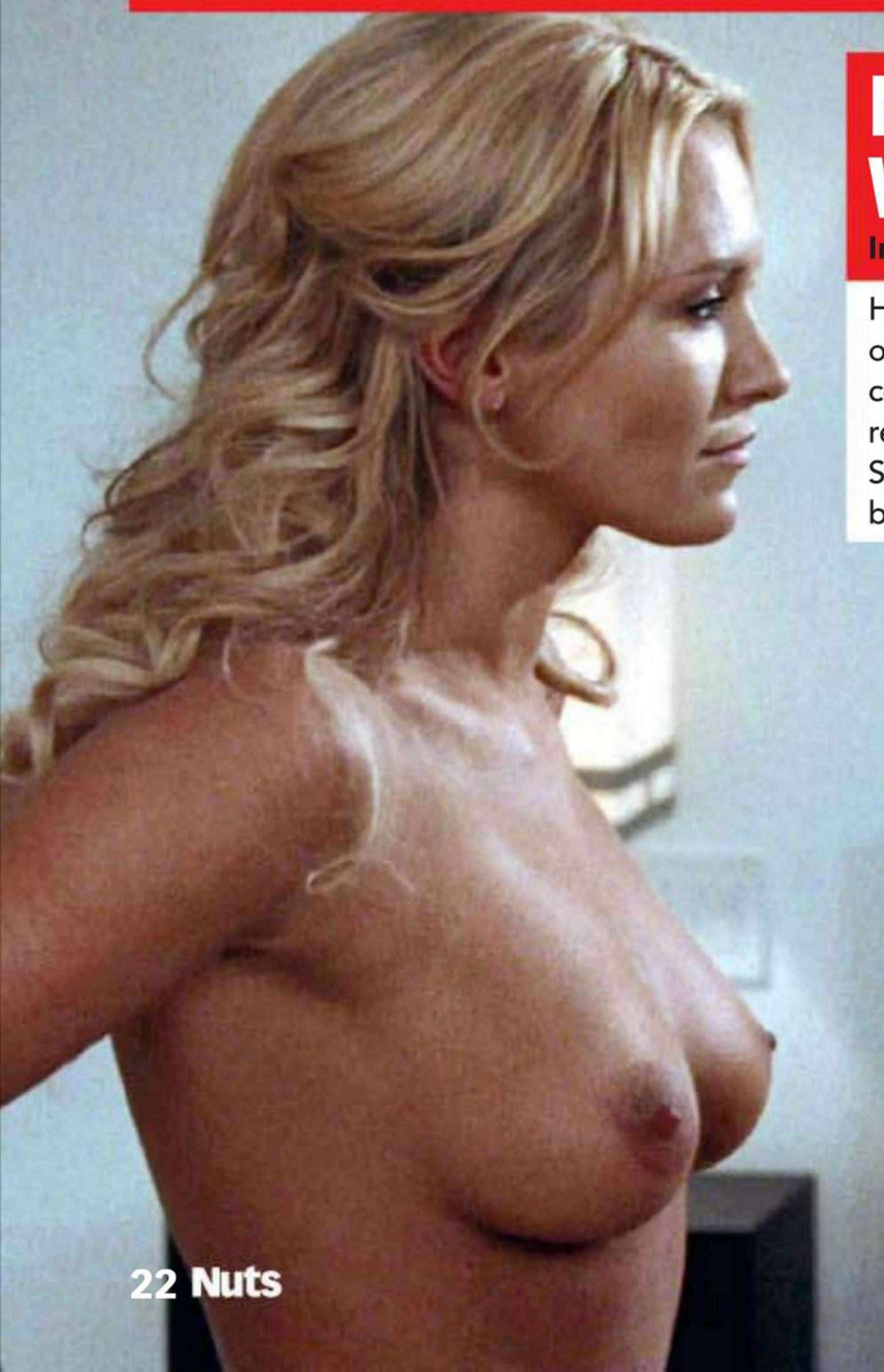
Nicole Scherzinger

Album promotional shoot

When wheel-chomping mental Lewis Hamilton stacks his F1 car every week, he trots out increasingly inventive excuses. The truth is simple – he wants to get home early (see above).

RUDE NEWS

Ace news, compiled for Wimbledon week!



Nicky Whelan

In the movie *Hall Pass*

Here's Nicky doing some of her best work to date in comedy flick *Hall Pass*. You'll remember her role as Pepper Steiger in *Neighbours*, but we bet you remember this more.



Maria Sharapova

Practising in her Nike gear

Here's Maria, getting into shape for that Wimbledon. (It also involves gargling gravel with ground glass and shouting like a Scots alcoholic outside a train station – for her serves).

WORDS: RORY BUCKERIDGE. PHOTOS: ANGUS YOUNG, CORBIS OUTLINE, PLANETPHOTOS.CO.UK, SCOPEFEATURES.COM, CRUISE PICTURES, XPOSUREPHOTOS.COM, WENN.COM

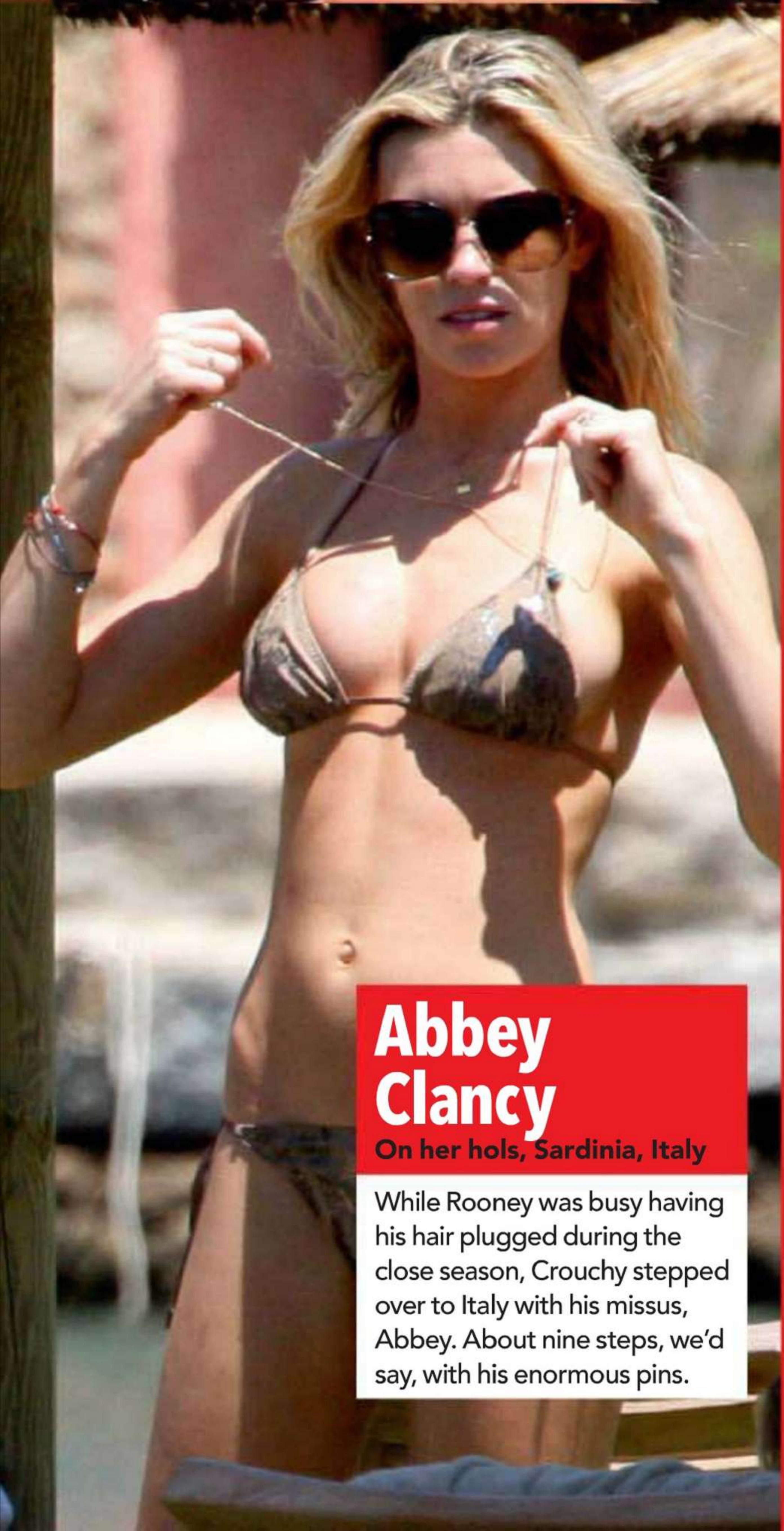
NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

OOPS!

Khloe Kardashian

On TV show *Fox & Friends*

Usually, we wouldn't look to include "Big Khloe" in our current affairs page, but the giant lass' nip-slip blipped our news radar. That nipple's as big as a large sparrow, by the way.



Abbey Clancy

On her hols, Sardinia, Italy

While Rooney was busy having his hair plugged during the close season, Crouchy stepped over to Italy with his missus, Abbey. About nine steps, we'd say, with his enormous pins.

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...



Nuts news flash!

Emma Frain on her
summer holiday plans!

"I'm off to Marbella
with the Nuts girls!"

Me and Strutters enjoy
topless sunbathing.

Melissa Debling and Kelly
Andrews are party girls!"



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JIM JEFFERIES!

He's the most offensive Aussie on Earth!

GOES NUTS!

'Pippa Middleton only dates w*nkers!'



Royal males

Woo-hoo! Pippa Middleton's single again! But before you get all excited, it turns out that she only dates c**ts. She just broke up with some ex-Eton boy who captained the cricket team there, and now she's been seen with a rich w*nker who's the heir to a £350m fortune. What's wrong with the working classes, Pippa? C'mon, this chick looked good in a dress for one wedding, just once. Give me Zara Phillips any day! She's an actual royal and she's marrying a rugby player who grew up in Leeds, ran a chip van, has been arrested for drink-driving twice and has a head like a potato. She gives hope to us all! Christ, even an Aussie like me could end up a royal. Prince f**king Jim f**king Jefferies. It's got quite a nice ring to it, don't ya think?

What a pitch

So, Gary Neville threw out the first pitch for the Chicago White Sox baseball team last week to promote Man United's US tour. I've seen the footage on YouTube and the man described by some as Franck Ribery's stunt double did a dismal job – he didn't even reach the plate! Now, ordinarily, I'd rip into the c**t were it not for the fact that I'm in the US right now and have been invited to throw out the first pitch at

PHOTOS: CLAY ENOS, WENN



"Elton, stop following me now!"

"Christ! Even an Aussie like me could end up as a royal!"

a Chicago Cubs game. So I'm just gonna shut up about it because the plate is actually really far! That said, if I do well, look out for an article next week called "Gary Neville throws like a f**king girl"!

Eco disaster!

I read in the papers that there's a UK scampi crisis right now. Due to the weather, scampi harvests are down 50 per cent and

"Where's the tartare sauce?"



scaremongers claim Britain's pubs could soon run out of the stuff. What complete b*lllocks! Every bit of scampi I've ever guzzled in the UK tastes like it's been deep-frozen for at least ten years and is made up of at least 90 per cent breadcrumbs!

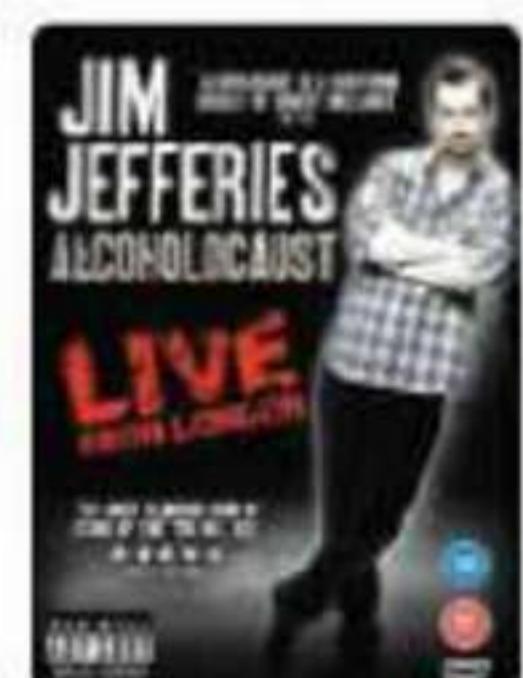
Bin eaten

I hear treasure-hunter Bill Warren, who salvages from shipwrecks, is leading a two-week expedition to find Osama bin Laden's body. He reckons he'll find the corpse in the Arabian Sea, do a DNA test, take some photos and prove conclusively that Bin Laden's dead. He says he's recovered shipwrecks all over the world, and that this is no different. C'mon Bill, you're missing a giant f**king clue, mate – sharks don't eat f**king shipwrecks! Also, it's common Islamic practice to bury bodies at sea, and since you're going to be looking in the Arabian f**kin' Sea, my guess is you're gonna dredge up quite a few half-eaten bearded dead dudes before you hit pay dirt, ya colossal d*ckhead!

Gloved up

And finally, I'd just like to wish my old friend Michael McIntyre good luck, as he's just signed up to fight David Haye in a celebrity boxing match for Sky1. Now, you may think Michael hasn't got a chance, but I reckon that freakishly bobbing head of his might actually come in handy for once. Peace out, motherf**kers!

Jim Jefferies:
Alcoholocaust Live
is out now on DVD





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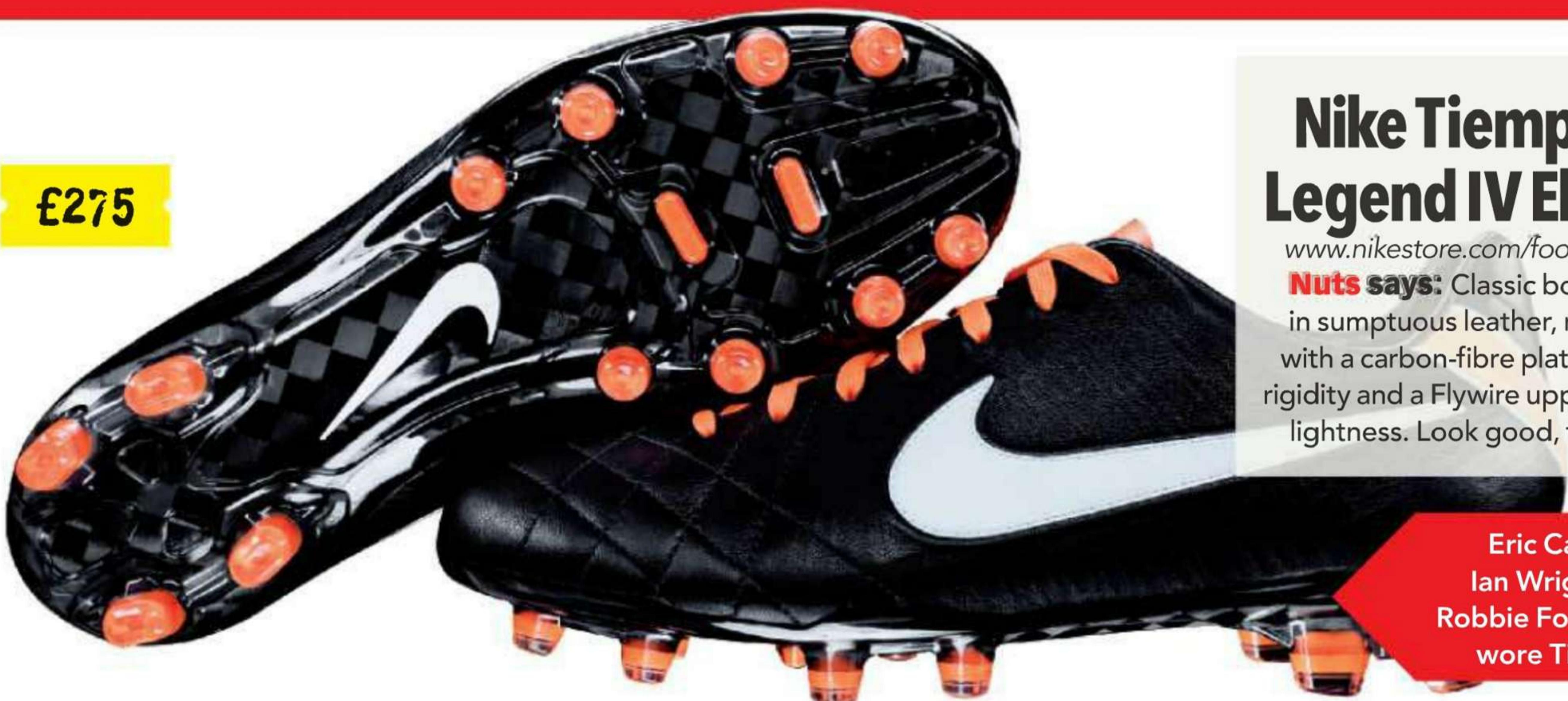
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Power to you



Nuts GEAR

£275



Nike Tiempo Legend IV Elite

www.nikestore.com/football

Nuts says: Classic boots in sumptuous leather, now with a carbon-fibre plate for rigidity and a Flywire upper for lightness. Look good, too.

Eric Cantona,
Ian Wright and
Robbie Fowler all
wore Tiempos

£80



ePure DECT phone

secure.nimans.net

Nuts says: Swiss, retro-styled cordless trumpet, giving you ten hours talk time across a 300-metre range. It's energy efficient, too. Ace!

£31



£TBA

Genius Ring Mouse

www.geniusnet.com.tw

Nuts says: Ultra-compact mouse you wear on your finger! Wireless up to ten metres, it works via a nifty touch-sensitive pad. Cool!

The main tablet has a ten-inch screen

Padfone

uk.asus.com

Nuts says: It sounds like the perfect combo – an Android smartphone that drops in and out of a tablet. It's a while from being released but it looks awesome – feel free to look and learn, Apple!

Check out more reviews at
www.nuts.co.uk/reviews

YOUR LETTER

A maelstrom of madness from our readers!

Send your Letters to nutsletters@worldmags.com



Should they knock first?

We'd heard that rumour, too

Dear Nuts,
We spotted this outside some random house while at work and it gave us a giggle. Do you think it's true?

Bee Man, Co. Durham

Well, you never know with these "free love" types, do you?

Using our noodles

LETTER
OF THE
WEEK!

Dear Nuts,
This is a couple of the lads under my command introducing the locals to classic Brit snack The Nation's Noodle. Thanks to the few hundred pots you guys sent us, all the Afghan lads love it now!

FS M Price, Afghanistan

Thank the good people at The Nation's Noodle!



"You're giving me my noodles back right after the photo!"



"What's pink and fits in your mouth?"

Now that is thoughtful

Dear Nuts,
I thought I'd just send you a quick, cheeky little pic of me in my Nuts vest and shorts.

Naomi Archer, via email

Ladies, we'd like to encourage you all to have exactly the same thoughts as Naomi. Treat yourselves to the outfit from [nutscollection.spreadshirt.co.uk!](http://nutscollection.spreadshirt.co.uk)

They're number 1 guys

Dear Nuts,
Here's a picture of my mortar section from 1 Rifles serving in Afghanistan. Thanks for the T-shirts and the mags.

Cpl Steve Ward, Afghanistan

Our pleasure, as ever! We're extremely proud that you've helped make us the Forces' favourite mag!

Fabio Capello's new England squad surprised everyone



STEALTH BUMMING CORNER!

ONLY IN
Nuts!

"Teatime with the Wadhurst 3rd team cricket captain!"
John Penny, Wadhurst

RSI!

ipcmedia.com or to the address on p70

The A-Team's
backup van rarely
got a run-out



Plumbing new depths

Dear Nuts,
They have to come up with
a better company name than
this, surely!

Ted, via text

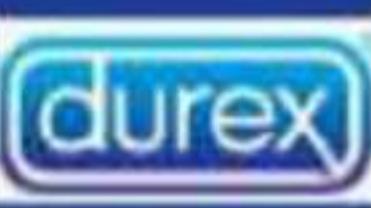
The pink van isn't exactly
helping matters either!

Nuts SPAMBANK!
All-new online hilarity

Win Durex stuff!

Send your letters, hilarious spam pictures and camera-phone-cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 70. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy.

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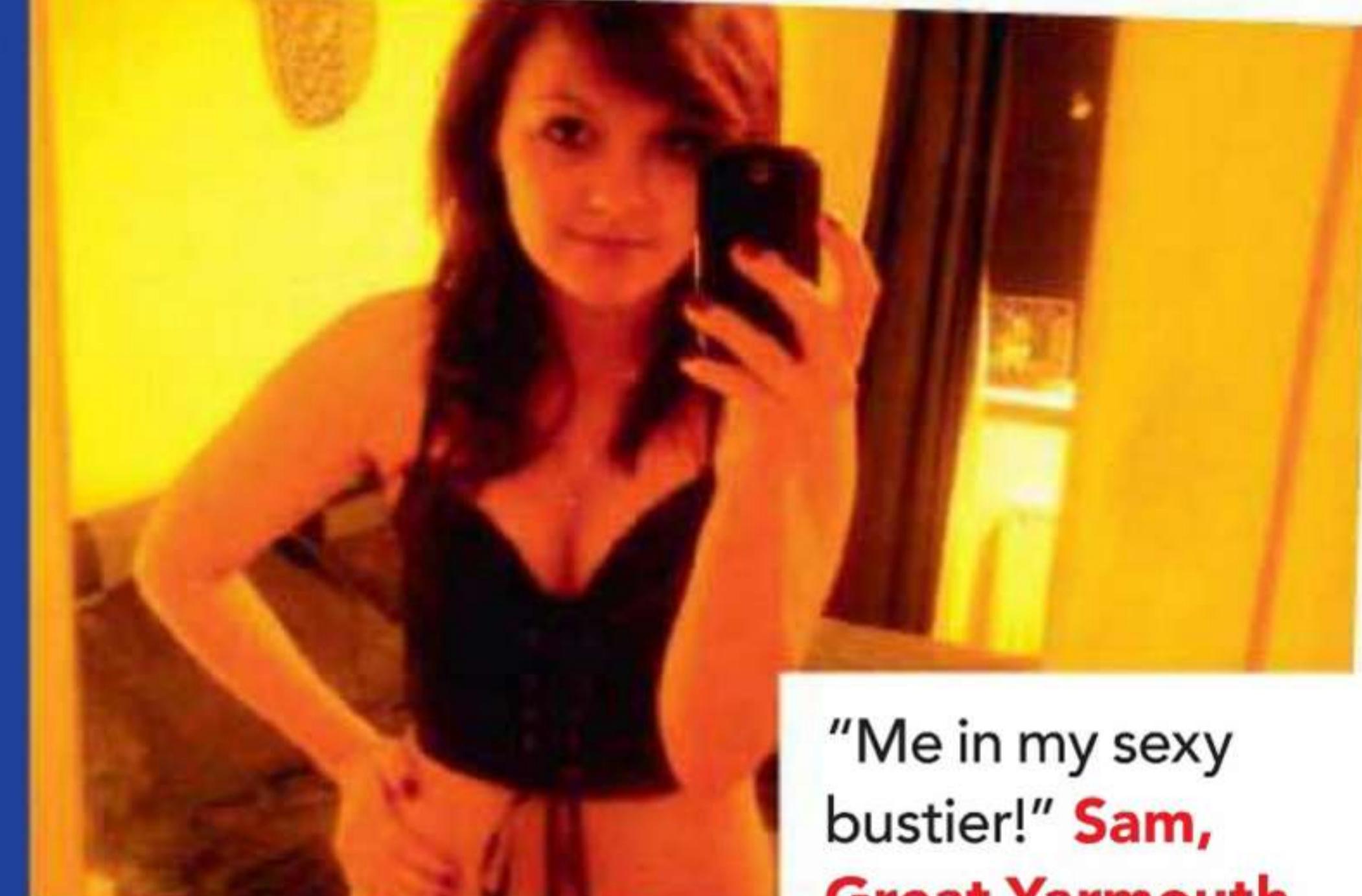
CAMERAPHONE CUTIES!

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to 0771 388 8008*

"Here I am, all hips,
lips and boobs!"

Fran, York



"Me in my sexy
bustier!" **Sam,**
Great Yarmouth

**HELLO. MY NAME IS PHIL FANTHOME.
I WAS A LANCE CORPORAL IN THE
ROYAL REGIMENT OF FUSILIERS.**

I got hit by a grenade in Afghanistan, breaking all the bones on the right of my body and paralysing my right hand.

I support ABF The Soldiers' Charity, the charity of the British Army, so they can help others like me. SO DONATE NOW.

To make a £5 donation to ABF The Soldiers' Charity text **ARMY** to **70700**. Cost £5 plus standard network message rate. ABF The Soldiers' Charity will receive between £5 and £4.45 depending on your network.

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YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm.com

SHORT JOKES!

Q: What's the difference between Fifa and a bucket of sh*t?

A: The bucket!

Greg Wilson, Lincoln



I wrote a book about poltergeists the other day. It flew off the shelves!

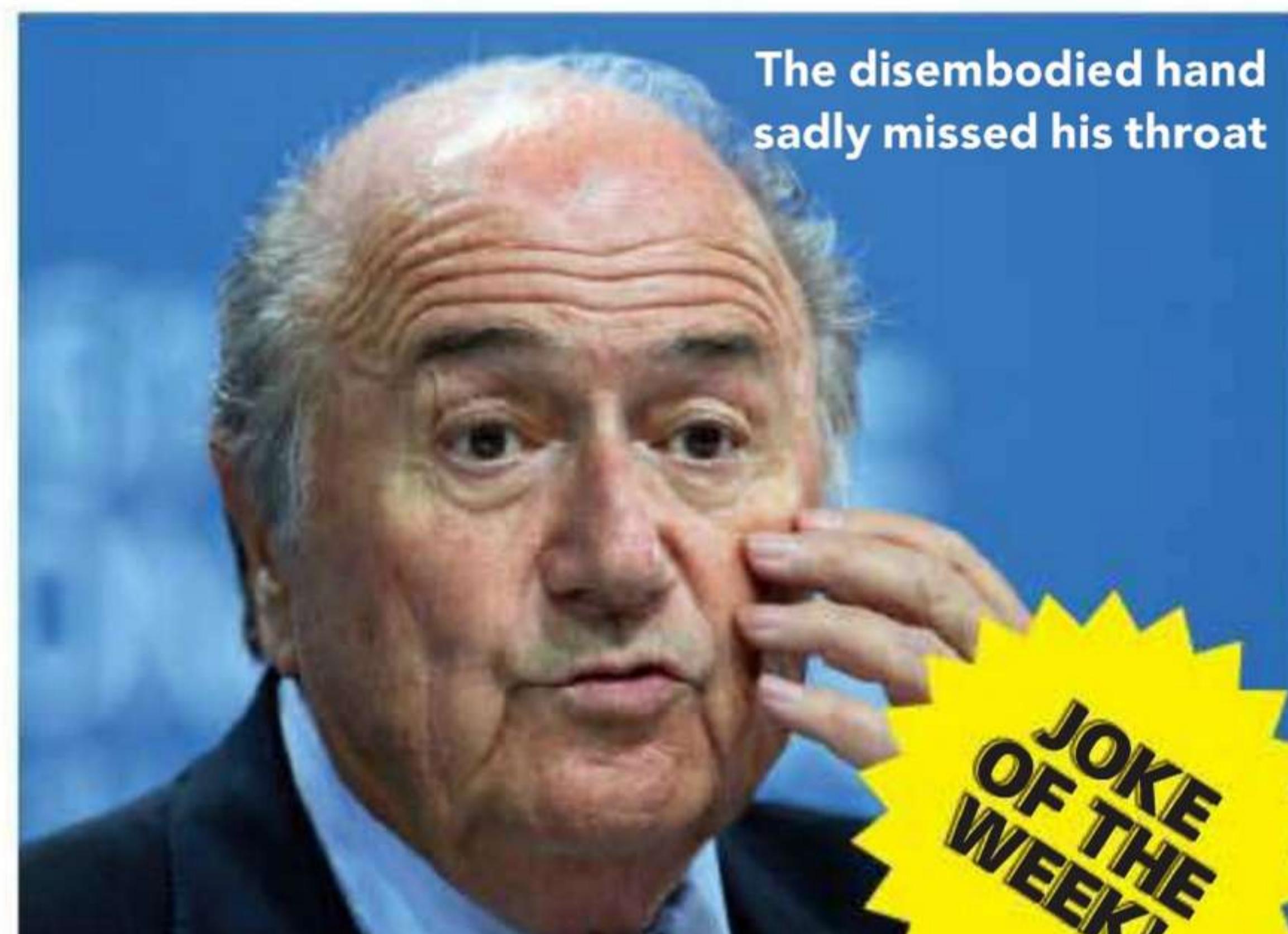
Jack, London

Makers of spreadable butter - save time and printing ink by simply calling it "butter"!

Toby, via email

I used to work at Kwik-Fit, but eventually I had to give up the job. Every day I was tired and exhausted!

Jeff Potts, St Albans



Blatter prat

Some say Sepp Blatter's actions have crossed the line but thanks to his refusal to allow the relevant technology, we may never know!

Brian Hudson, Halifax

The disembodied hand sadly missed his throat

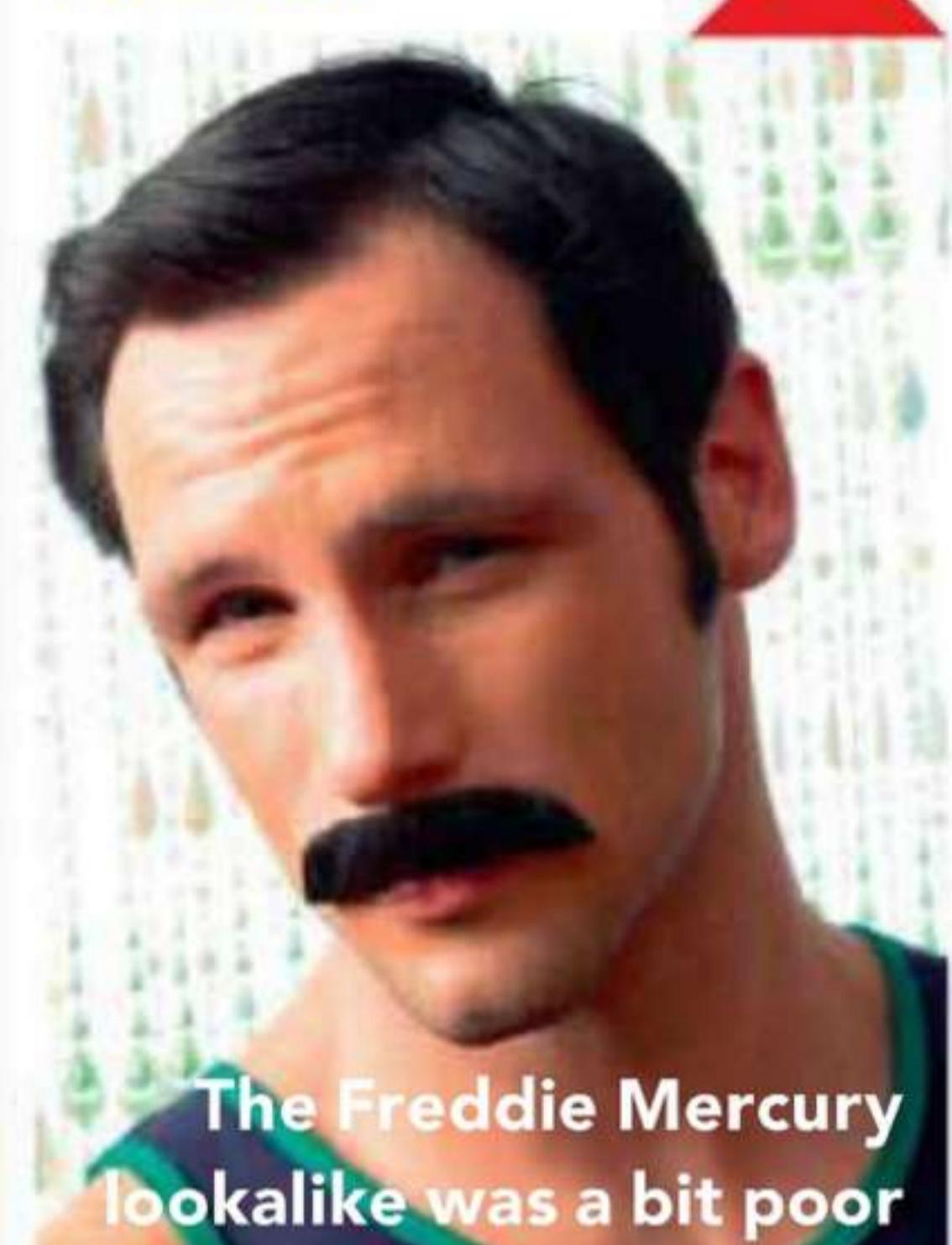
Double trouble

A show-off bloke swans into a bar and declares to all his mates, "I've just had it off with my girlfriend and her twin!"

One of his mates is curious, and asks, "How do you tell them apart?"

"Easy," replies the satisfied bloke, "Her brother's got a moustache!"

Mark Olden, via email



The Freddie Mercury lookalike was a bit poor

Young at heart

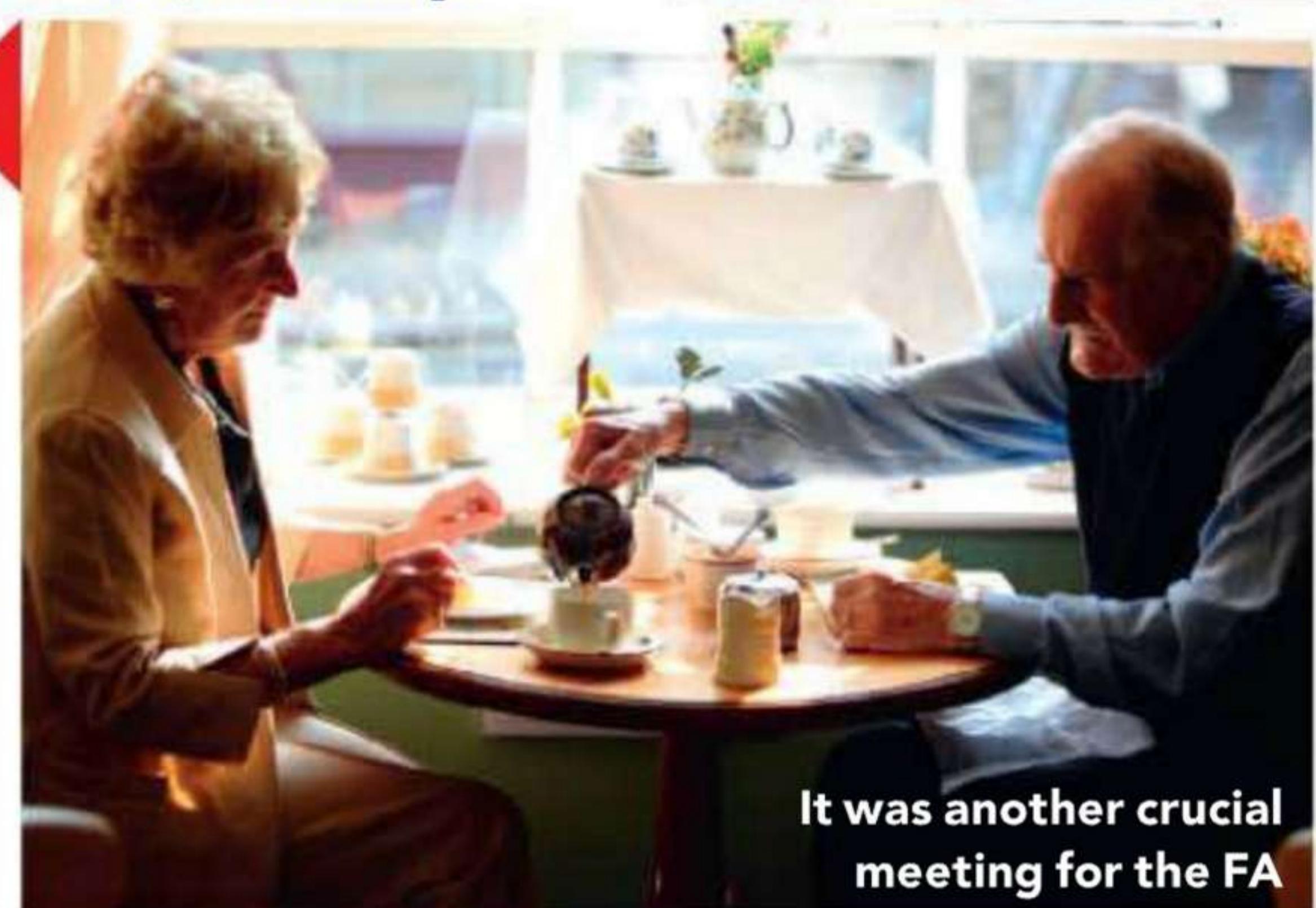
An old couple who've been married for exactly 50 years are sitting at the breakfast table one morning when the wife says, "Just think, 50 years ago we were sitting at this same breakfast table together!"

"I know we were, dear," smiles the old man.

Feeling amorous, the old lady says cheekily, "You know, honey, my boobs are just as hot for you today as they were when we got married 50 years ago!"

At that, the old boy looks up at his wife and replies, "I know, dear. That's because one's sagging in your cup of tea and the other's in your porridge!"

Jack, Scunthorpe



It was another crucial meeting for the FA

Win a Sony PS3!

The sender of this week's best joke* wins a Sony PS3 and a Blu-ray of real-life boxing drama *The Fighter*, starring Mark Wahlberg. Also starring Christian Bale, *The Fighter* is out now on DVD and Blu-ray. All courtesy of Momentum Pictures.



Spanish tummy

After getting caught breaking into a Spanish farm, a burglar's given two choices by the disgruntled farmer.

"You either milk all my cows, or you'll have to have a fist fight with my brother," he says.

Not fancying either option, the crook asks, "Is there a third choice?"

The angry farmer replies, "No! It's Juan or the udder!"

Westy, via email

FAMOUS BLOKES' JOKES!

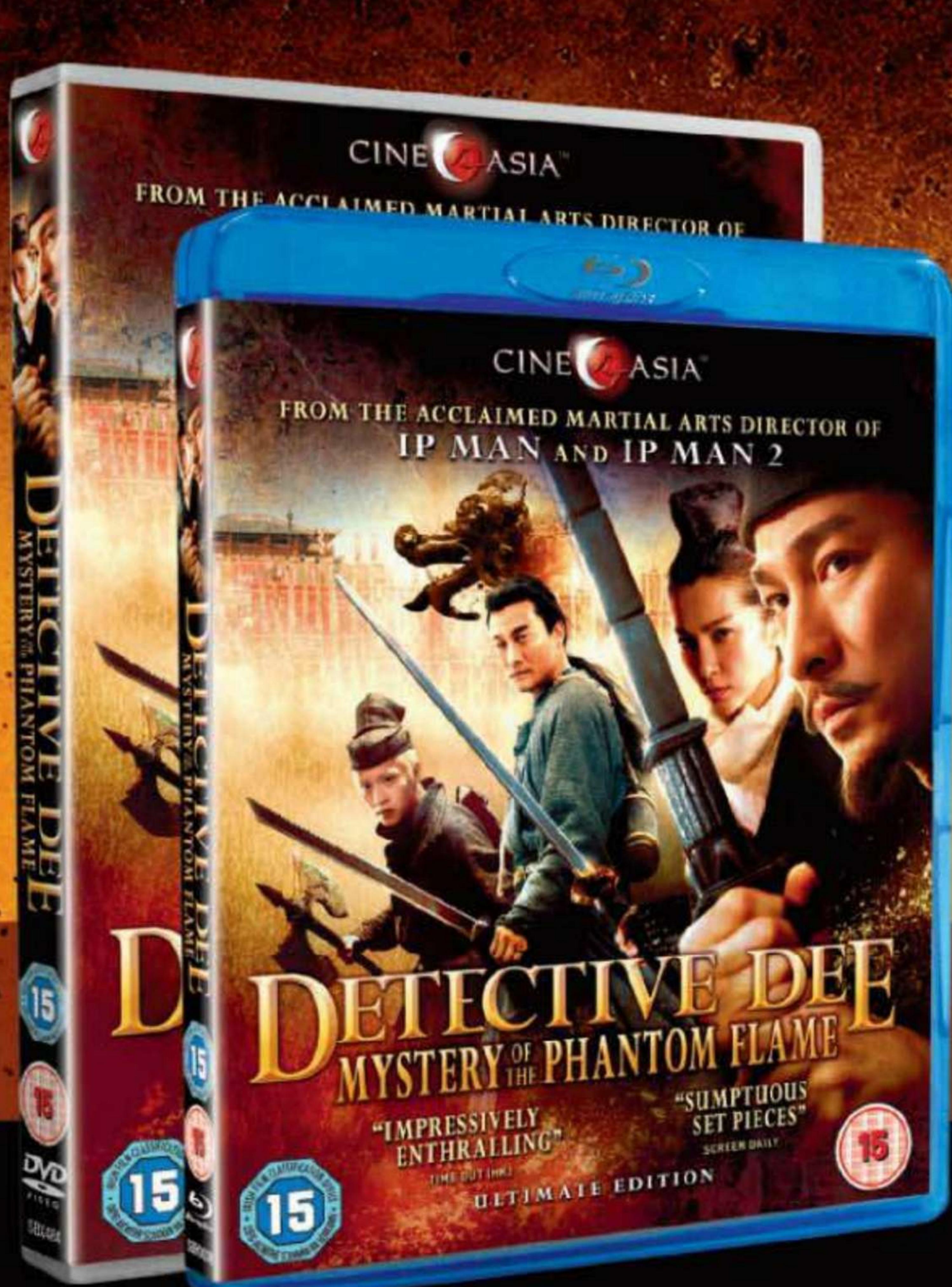
JIMMY CARR: HUGH DENNIS:

"Apparently, Viagra can make you deaf, bringing a whole new meaning to the phrase 'hard of hearing!'"

JONATHAN ROSS:

"I'm willing to offer my services as new boss of Fifa. I know nothing about football, which seems to be a prerequisite for the job!"

"Do I believe in sex before marriage? Yes, so long as the bride and groom still get to the church on time!"



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POP OUT IN PUBLIC!

ONLY IN
Nuts!

Have a cheeky flash – and earn some cash!



IN THE LANE!

JESSICA 26, from Ireland
"Are you going to go my way?"



IN THE GARDEN!

ALISON 24, from Berkshire
"Some blooms – and my blooming lovely boobs!"



JESSIE 20, from Ascot
"I was feeling a little cheeky in the club!"



RAE 28, from Preston
"It seemed like a perfect day to let them out!"

Win £100!



All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or by text to 0771 388 8008.

*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 70 APPLY



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Nuts!

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Seen something daft? Snap it, send it in and win £100!



FREAKY PHOTO!

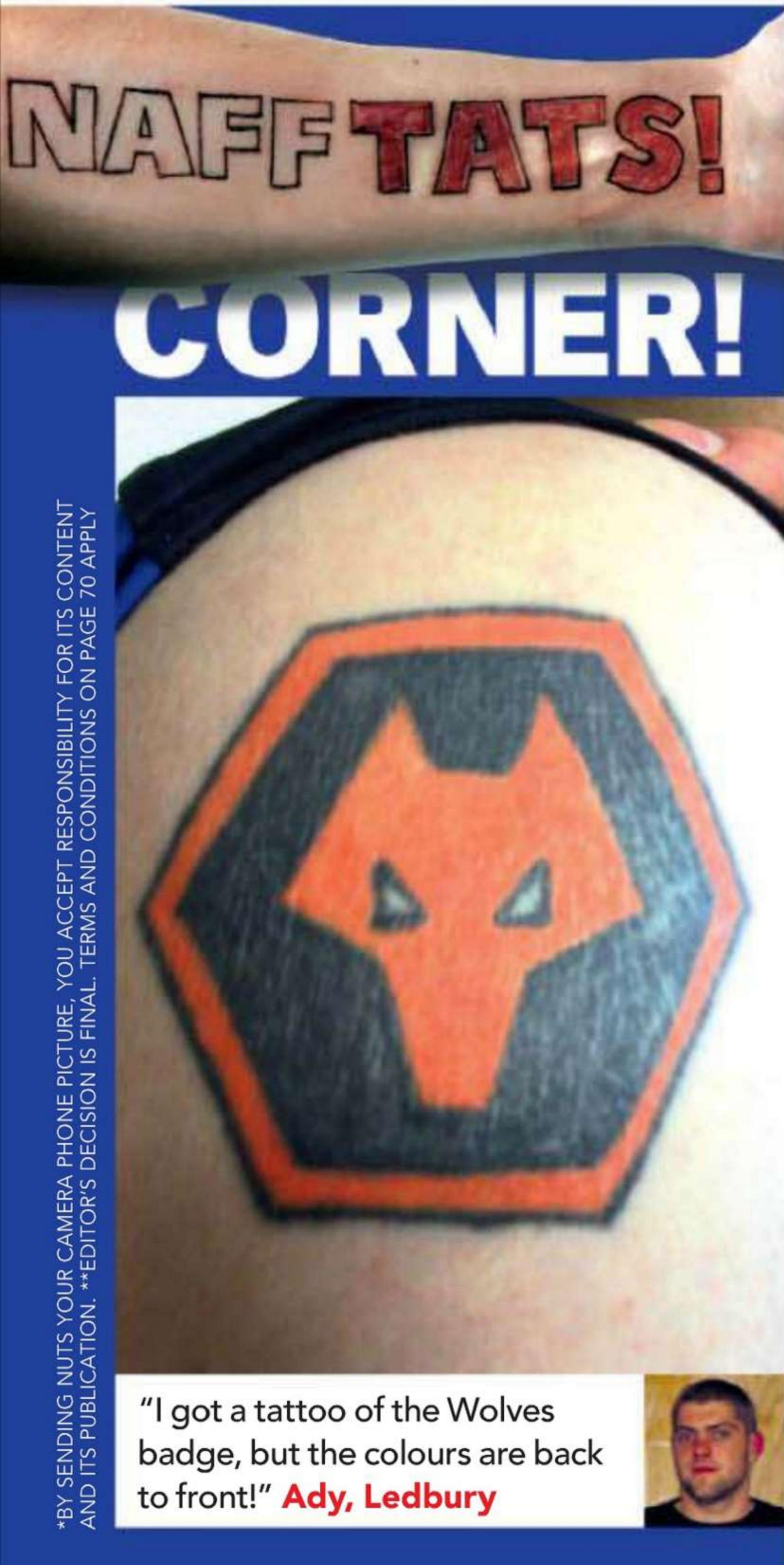
PIC
OF THE
WEEK!

"Here I am, planking. And look! I'm glowing and levitating!" **Rikki, Stratford**



RUDE REG!

"With this number plate, I wonder what's in the roof box!" **Jay Bentley, via text**



NAFF TATS!
CORNER!



"I got a tattoo of the Wolves badge, but the colours are back to front!" **Ady, Ledbury**

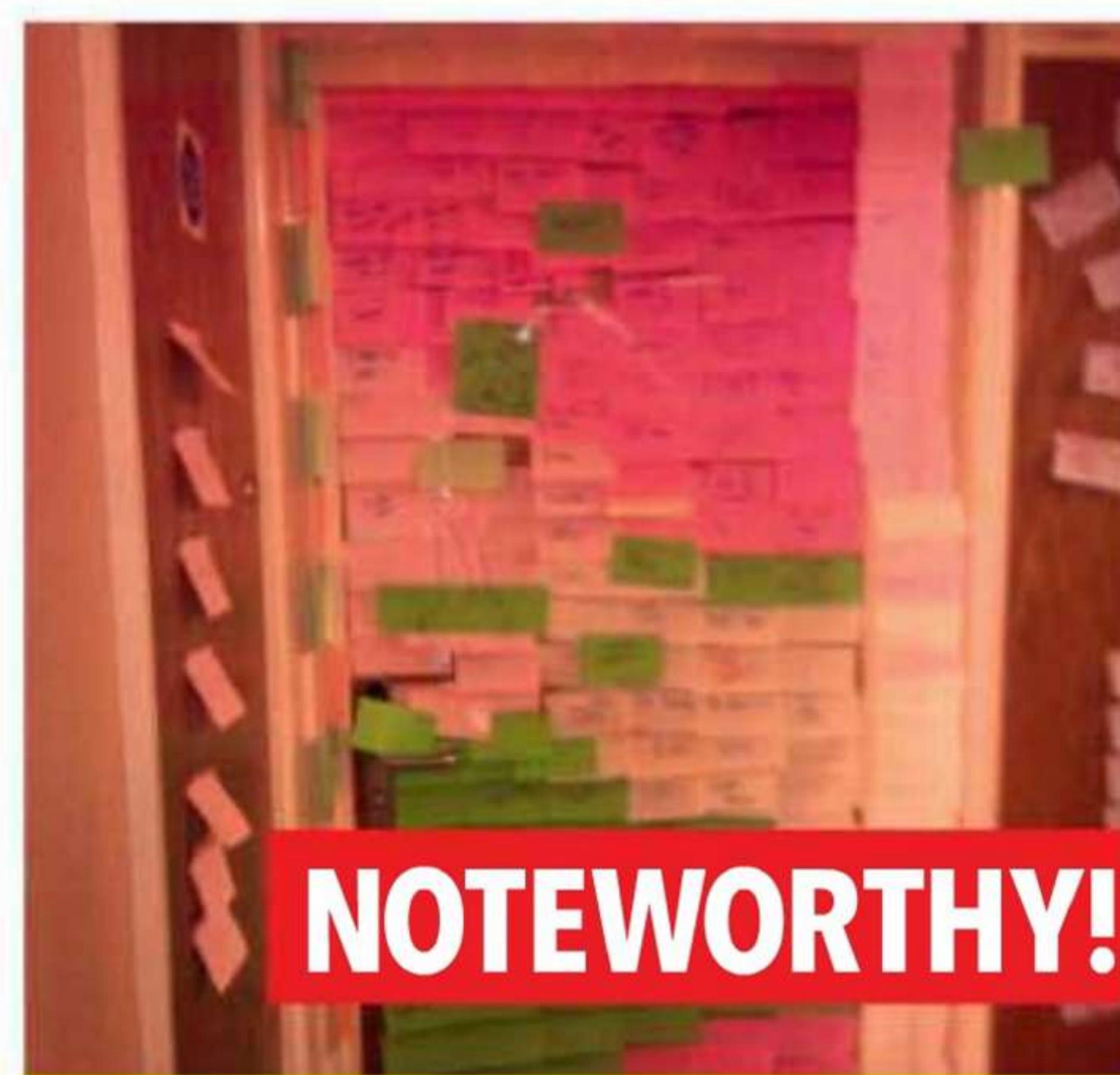


"This is one hell of a bargain for a Harry Potter DVD!" **Wayne, Leominster**

SILLY WILLY!



"He went all day without realising he had this on his head!" **Anon, via text**



NOTEWORTHY!

"Our friend was away from uni for a week, so we put a few Post-Its up!" **Max, Cardiff**

PESKY PIXELS!



"They get up to some saucy stuff in that L.A. Noire!" **Gurpreet, Wolverhampton**

FEATURE TITLE


NUTSPRESENTS...

THE SEX ISSUE!

FEATURING:

P36 LUCY PINDER

TALKS SEX

P46 SOPHIE HOWARD
RATES THE BEST
SEX CONFESSIONSP48 NUTS GOES TO
A SEX CLUBP50 NUTS MEETS
A DOMINATRIXP52 INTERVIEW WITH
A NYMPHOMANIAC

It's the queen of boobs and
her sauciest interview yet!

When we started thinking about our Sex Issue, we drew up a list of criteria for the perfect candidate to front it. We needed someone who was fit, with an open mind, and who wasn't frightened or embarrassed when it came to dealing with bedroom stuff. In the end, there was only one answer. Gents, we give you, the one and only Lucy Pinder! →



THE SEX ISSUE!



**Are you more
of a quickie or
a marathon
kind of girl?**

Both! Sometimes
you just want
a quick "wham,
bam, thank you
ma'am!" and,
other times, girls
really want to go
all night. I guess it
depends on how
long you've got!

**What's the
weirdest sex
thing you've
ever seen?**

Probably something
on the Animal Planet
channel that was
supposed to be
educational but
ended up being
really filthy! I don't
need to know what
a tortoise penis
looks like, thank you!

**Who's the rudest girl you've
ever met?** Sophie Howard has
got a filthy, filthy mind! She's very
funny, but dirty. She's told me
things I could never repeat in *Nuts*!

A full-page photograph of a woman with long dark hair, wearing a black one-piece bodysuit. She is sitting on a red surface, leaning forward with her right leg bent and her foot resting on her left thigh. She is holding a banana in her right hand and is in the middle of taking a bite. She is looking directly at the camera with a slight smile. The background is a solid red.

What's your biggest turn-on? I think I'm far too easily turned on, so that's a tough question! Sometimes you're in different moods for things. I like it when one person is taking all the control and throwing me around! I think most girls like to be thrown around playfully!

...And what about turn-offs? People who are lazy in bed! I feel sorry for people who don't have enthusiastic sexual partners. It's such a shame! ➤

THE SEX ISSUE!

Can you ever have too much sex?
No way! With two consenting adults you can never have too much! It's healthy to be thinking about it all the time - just don't become a proper addict and let it interfere with your life!



What does an orgasm feel like for a lady? Quite simply, it's amazing! That's it! →



THE SEX ISSUE!

Where's the most adventurous place you've ever had sex?

I've done it outside loads of times but I honestly just prefer it indoors, as do most girls! If you've got a nice house or a nice bed, or a nice floor, why not stay warm? You don't want to be getting cold, especially if you're a fella!

Are you into noisy sex? It depends how noisy! Some people might get turned on by a noisy partner but others find it off-putting. It's each to their own!



Should a bloke be shaven downstairs? I'd say be trim but don't shave! Men shouldn't really shave any part of their body - you definitely need a bit of hair down there. It's different for girls though...

Do you have a pair of lucky pants? No, because I like to think all my sexy undies are lucky for me! I like my thongs, so I guess you could say they're lucky! ➔



**What seduction
advice would
you give to *Nuts*
readers? Just be
yourself and be
confident! Don't over
think it and don't
worry too much.
Everybody likes sex
and once you're in the
bedroom, just make
sure you're paying lots
of attention to your
lady and that you're
not being selfish!**

A full-page photograph of a woman with long brown hair, wearing black latex lingerie (a top and shorts). She is posing with one hand on her head and the other on her hip, looking down and to the side with a sultry expression. The background is plain white.

So, have you ever tried bondage then? I don't mind a bit of light bondage! But don't come into the bedroom wearing your gimp mask with a paddle in your hand right away! If you want your girlfriend to get into it, take it easy!

What other sex advice do you have for *Nuts* readers? Have lots more sex! Seriously, sex is like sugary things—the more you eat, the more you want and the more you become addicted. It's free and it's fun—just make sure it's safe! ■

REAL GIRLS RUDE CONFessions!

SOPHIE!

100%
REAL!



CHARLENE!

1. PUBLIC 69 – AND WE CARRIED ON!

"The rudest thing I've ever done was to have a '69' in front of four people in a hotel room! We were doing it under a duvet but when they took the cover off for a laugh, we just carried on. It was so sexy!"

Charlene from Herefordshire

SOPHIE'S VERDICT:

"I'm really glad they carried on with this! The thought of being watched always turns me on. I've never gone out of my way to have sex in front of an audience, but I've had sessions in front of other people that have ended up turning into threesomes or even foursomes! It starts off as just the two of you, then you feel a hand come in and stroke your boobs or thigh and then you just go for it!"

"To anyone who's thinking of having sex in front of other people, it can feel a bit weird the first time so it's best to find out if there are any couples you know who might be into it."

Rude rating: 8/10



CLAIR!

2. WE MADE A SNEAKY SEX TAPE!

"I once made a sex tape! We were filming our mate's wedding and ended up back in our hotel room and totally forgot we'd left the camera on! I'll definitely make another one but more sober next time!"

Clair from London

SOPHIE'S VERDICT:

"I've done lots and lots of really filthy stuff but, believe it or not, I've never recorded a full-on sex tape of myself. I'm much too scared that it'll get put on the internet! Having said that, it's really sexy that Clair and her man did it, as long as they keep it for themselves to watch."

"Sometimes I hook up the camera to the telly but don't press record. I like watching it on the screen as a bloke takes me from behind. It makes me feel like I'm starring in my own porn film! I've taken plenty of rude snaps of myself before but they're just for my own enjoyment!"

Rude rating: 8/10

Rated by Nuts legend Sophie Howard!

We've gathered together some frankly eye-watering confessions from some very naughty ladies out there and handed them to our very own Sophie Howard, who's not too shy herself! In fact, Sophie enjoyed them so much, she's given each one her official rude rating and has even decided to share a few of her own favourite sex stories. Pull up a chair, gents – you're going to need one!



STACIE!

3. SANDY BEACH SESSION!

"The craziest place I've ever had sex was on a beach in Marbella. It was daytime, so it was pretty risky! People were everywhere and I'm sure one guy saw everything!"

Stacie from Loughborough

SOPHIE'S VERDICT:

"Strong work, Stacie! Let me tell you, if you haven't had an amazing orgasm on a beach in broad daylight, you just haven't lived! I've been away to lots of exotic places and had some amazing shags on beaches both during the day and at night."

"I've also done it in loads of swimming pools while on holiday. My favourite holiday sex story is when I got taken in a swimming pool at a villa we were staying in. It felt absolutely amazing to stand there in the shallow end and hold on to the railings for dear life as my bloke took me hard from behind. Trust me, you can't go wrong with that!"

Rude rating: 5/10





CHARLEY!

4. MY FIRST SWINGERS' PARTY!

"I was in this club that I thought was a normal nightclub, but then I went through a door and discovered there was a swingers' night going on next door! So the next night, a friend and I had a few glasses of wine and went along... It was amazing! There were red and pink lights everywhere, alcohol flowing and loads of fit naked people. I'll leave what happened next to your imagination, but let's just say we were there until five in the morning!"

Charley from Surrey

SOPHIE'S VERDICT:

"Good for you, Charley! I admire a girl who's into this kind of adventure! They don't like to be called swingers' parties any more, as that sounds a bit seedy, but if you find the right group of people, it can be amazingly sexy! I'd say maybe just go to watch for the first couple of times. If you're feeling like it's for you, then you can look forward to getting stuck in!"

Rude rating: 8/10



"We had an exciting quickie on the train!"

SOPHIE!

5. SEX ON THE EUROSTAR!

"Me and my boyfriend were on the train to Paris and he began touching me up under the table and getting me excited. I followed him to the toilet and locked us in, then one thing led to another! We were in there for about ten minutes until someone knocked on the door – I think they knew what we were up to! It was a really exciting quickie. There's nothing more intimate than being in a tight space, feeling each other's hot naked bodies!"

Sophie from Liverpool

SOPHIE'S VERDICT:

"I applaud your audacity! Whenever I've done stuff on trains, though, it's always been at the seat and under a blanket. I'd recommend sitting in the quiet coach for full privacy – be careful not to orgasm too loud! Girls, if you pretend to be asleep on your fella's lap, you can get away with giving him a really cheeky blow job. Just keep an eye out for the ticket inspector!"

Rude rating: 6/10



JEANA!

6. BLOKE GOT MORE THAN A HOLE IN ONE!

"My ex was playing a round of golf at our local course and I agreed to go along to watch, not realising how boring it would be! After a little while, I whispered in his ear, 'Come on, let's be really naughty!' He made some excuses to his friends and we found a nice little spot in the shrubs. We had the most mind-blowing sex up against a tree. My bloke got more than a hole in one that day!"

Jeana from Kent

SOPHIE'S VERDICT:

"You might be surprised – or maybe not! – to know that I've had sex on loads of golf courses and during the day, too! They make really good shagging spots because there are loads of bushes everywhere. There's no more exciting feeling than giving a guy head as you can hear other players approaching!"

"Also, is it weird that I really like the idea of dressing up as a sexy golfer and being f**ked?"

Rude rating: 7/10 ■



NUTS GOES TO A SEX CLUB!

We sent one of our stupid, sorry we mean intrepid, journalists out for a spot of fetish speed-dating at London's Club Rub! Let the spanking begin!

We're not the cleverest or most adventurous people here at *Nuts*. In fact, we consider it a bit edgy to indulge in some pistachio nuts in the pub rather than a trusty bag of ready salted crisps. However, dear readers, we feel it's our duty, on your behalf, to investigate the things you might want to know more about. And judging by our bulging mailbag, sex is one topic on which you chaps have lots of questions! Now, we're no experts when it comes to the old



He'd taken dress-down Friday a step too far



The new X-Men were a mixed bag



sex stuff, but what we've learned over the years is that people are into different things. And some people are into very different things indeed. To that end, we thought we'd find out more about the stranger side of sex we know practically nothing about. First up, we sent our man (dressed like *Little Britain's* Daffyd, The Only Gay in the Village) for a bit of fetish speed-dating. Here's how he got on...

RUBBER PANTS

10pm: The doors open at London's Club Rub. The dress code's strictly fetish wear so it's a thumbs up to latex, rubber, cross-dressing and gimp gear and a big thumbs down to jeans and a shirt. *Nuts* man's there in super-tight rubber pants, so it looks like he'll fit right in – until he notices a chap in his 80s who walks across the dancefloor completely naked. Help! Thankfully, the club soon starts to fill out with people who are dressed. Sure, some of them are wearing big rubber cat outfits (with ears and everything!) but

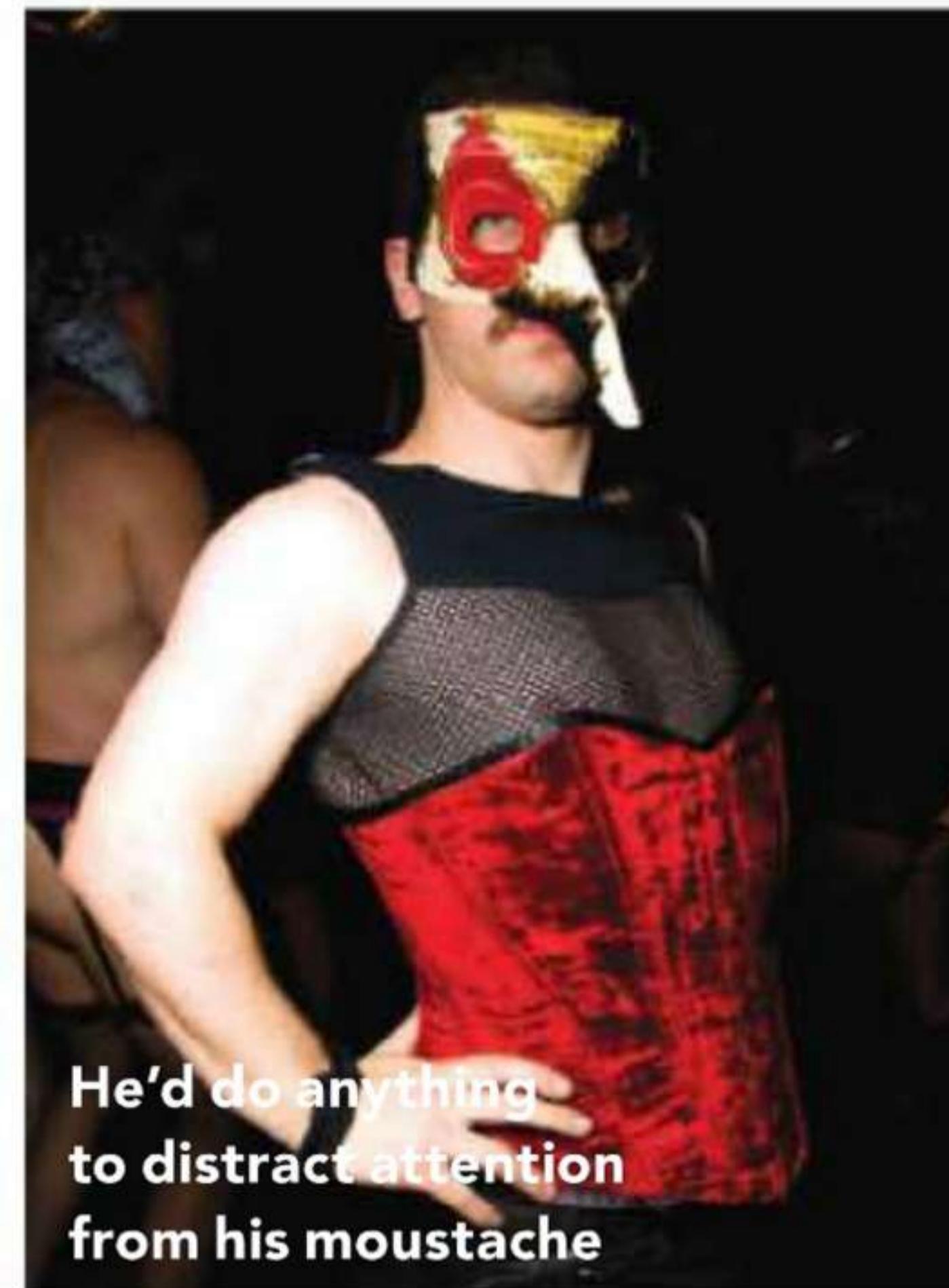
at least they're dressed. Then some women show up. Phew! Time to head upstairs...

11pm: In the upstairs bedroom (of course there's a bedroom!), the fetish speed-dating begins. Everyone who fancies taking part grabs a seat on one of the many beds, one boy to one girl. The pair then have exactly three minutes with each other to do whatever they want. Talk, kiss, even spank – whatever they both want to get out of the three minutes before the girl has to move on to the next bloke. This continues until every boy has spoken to every girl. Pretty complicated stuff for *Nuts* man! Here goes...

His first date is with an attractive blonde lady. They have a nice little chit-chat and when the three minutes are up, off she goes. Great, this is easy! Then the second date wanders over and it's clearly a bloke in drag. Gulp! You have to be polite, so the three minutes are spent talking about football and the weather – the longest three minutes of our chap's life!



"Elton? Is that you?"



He'd do anything to distract attention from his moustache



WINKLE!

Nuts man gets a cheeky snog off one of his next dates – after double-checking it wasn't another chap! Hurrah, she was definitely a girl! He thinks...

Midnight: Speed-dating is over and Nuts man is well and truly welcomed as one of the crowd! A friendly dominatrix comes over to explain the hierarchy that exists within the world of domination. "I'm a mistress, this girl here is my submissive, so tonight I'll get to punish her. And this guy is my slave who has to do everything

I tell him to do." Well, as long as everyone's enjoying themselves, we suppose! She then shows Nuts man her new favourite S&M toy – it's shaped like an electric razor but pumps out electric volts of varying strength. She then injects him with it! Ouch! Time to move somewhere else. Sharpish!

1.30am: Realising the club doesn't sell cigarettes, Nuts man is forced to walk to the local shop in his ridiculous red condom outfit. Pandemonium ensues on the streets of London

As first dates went, it was looking promising

"A chap in his 80s walks onto the dancefloor totally naked"

as clearly alarmed people cross the road and cars almost crash as the drivers recoil in horror. The shop owner can barely believe his eyes when Nuts man walks in and chases him out of the shop! Then it's a quick sprint back to the club – there are scary people on these streets!

PANIC AT THE DISCO

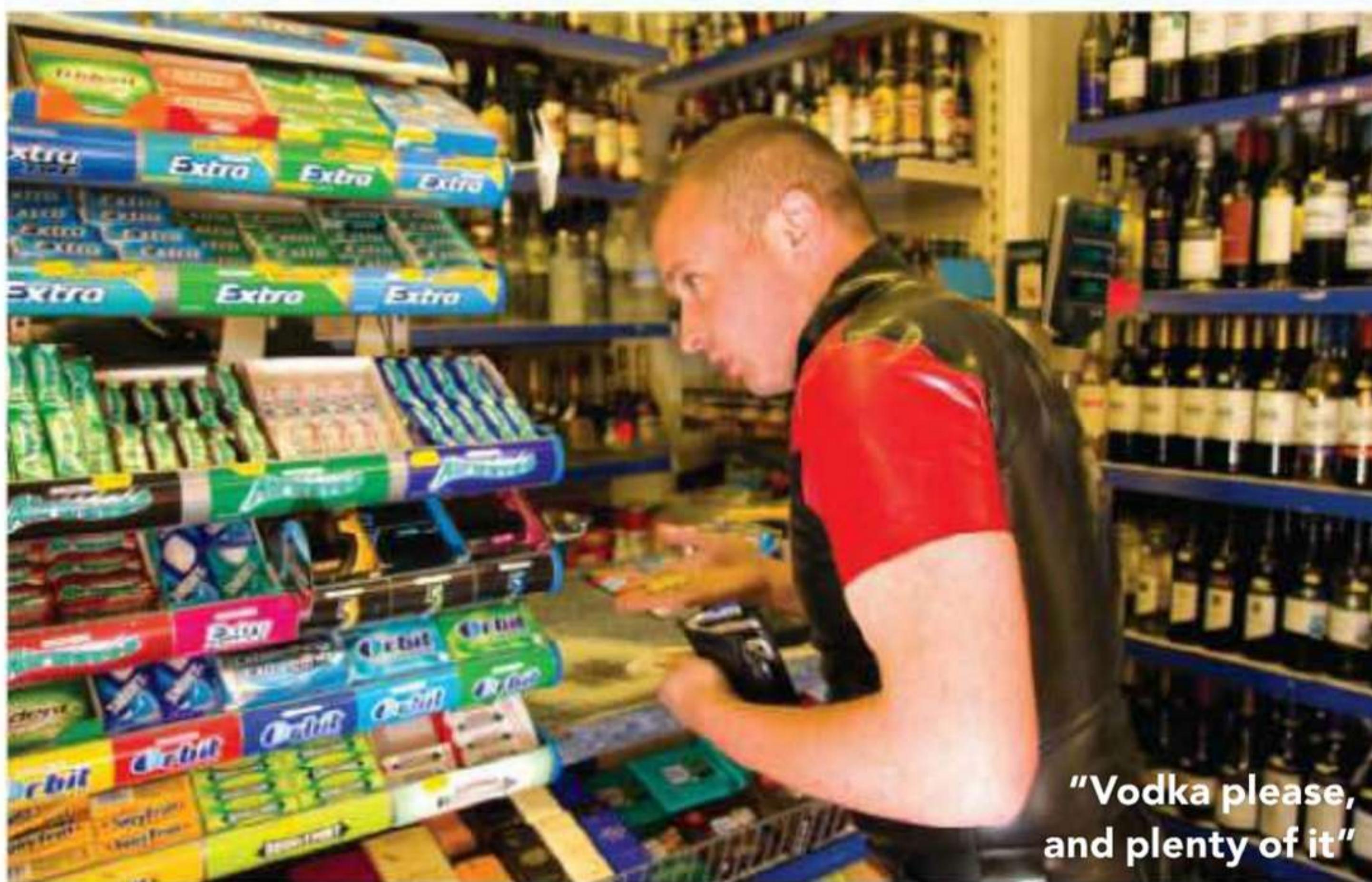
2.15am: Despite finding it almost impossible to move in his skintight garment, Nuts man hits the dancefloor. It's just like a regular house music night, the only difference being that the place is full of people who look like they've just walked off the set of a bizarre, futuristic sex film. Apart from the people who are naked, of course. They just look like naked people. Our boy takes extra special care not to

let any stray willies touch him while he has a quick boogie.

3am: Nuts man's heard there's a dungeon and after dodging more naked revellers, he finds it. Once there, he notices two huge crosses alongside a queue of people waiting to be tied to them and whipped! There are also a couple of spanking tables.

3.30am: In an effort to avoid being spanked, our boy revisits the bedroom where the speed-dating took place, thinking it would be empty. How wrong he was! It's now called the "Anything Goes" room and frankly his eyes couldn't take it. Because anything... went! Next!

4am: What a night! Club Rub is now slowing down as things (all manner of things!) draw to a close. Nuts man bids farewell to his new "friends" and after a quick change back into jeans and T-shirt (oh, how he's missed you!) it's off home for a night of scary dreams and waking up in a cold sweat, screaming! ■



"Vodka please, and plenty of it"



She took the term "sex kitten" rather literally



His stag night had ended badly

NUTS MAN MEETS A DOMINATRIX!

Whipping, enemas, verbal abuse and being treated like a dog: Nuts sends along the office nerd to investigate the secret world of the S&M dungeon...

What a wheeze we thought it'd be to send *Nuts*' office nerd to a dominatrix – and so it proved. Although not for him! Prior to his visit to the S&M dungeon of a lady calling herself Modern Empress, he was banging on about how open-minded he is and how he'd even tried all of the three (!) sexual positions! Well, he wasn't boasting afterwards. In fact, he's been oddly quiet ever since. Apart from the sobbing in the bogs, that is! Here's his story...



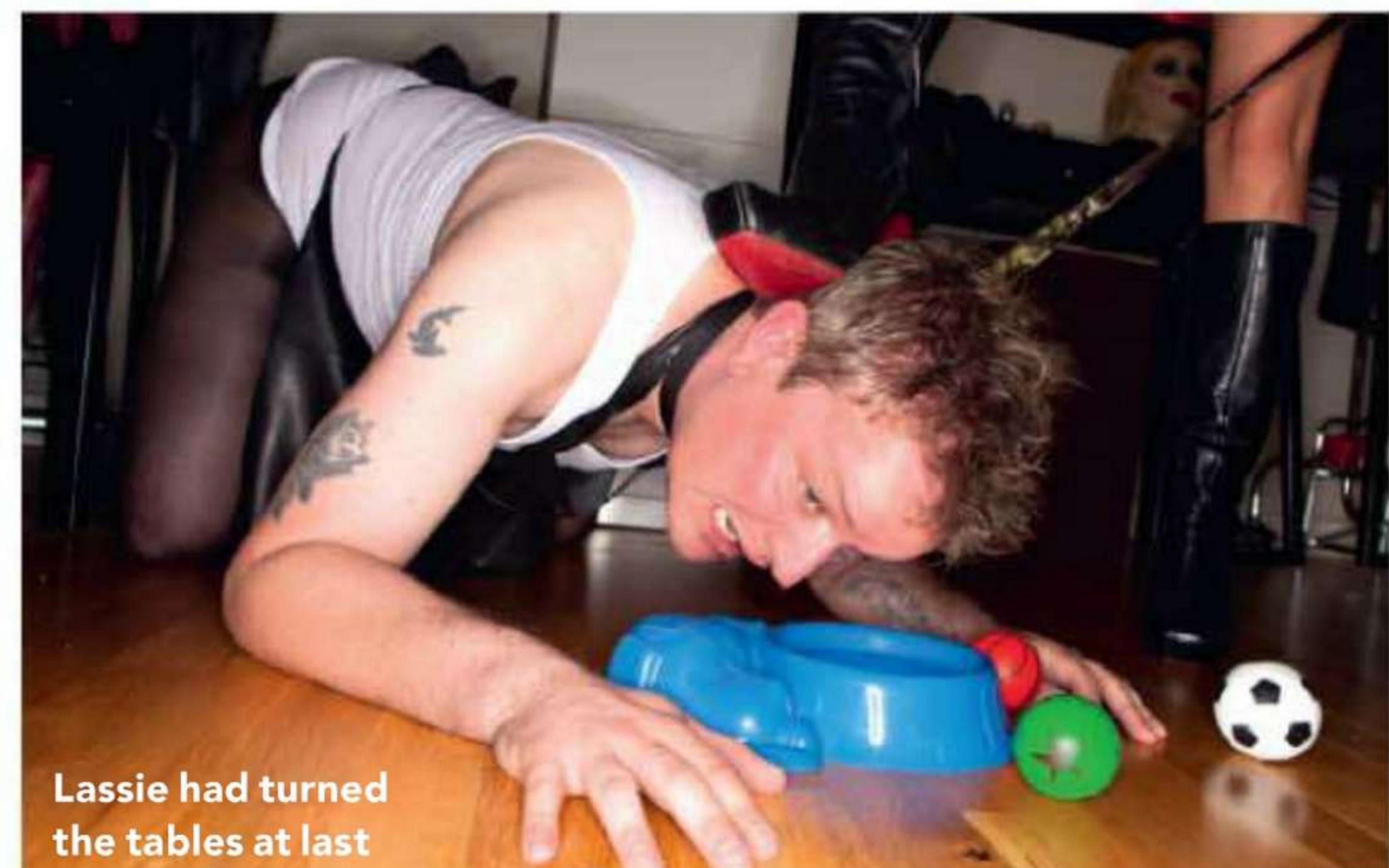
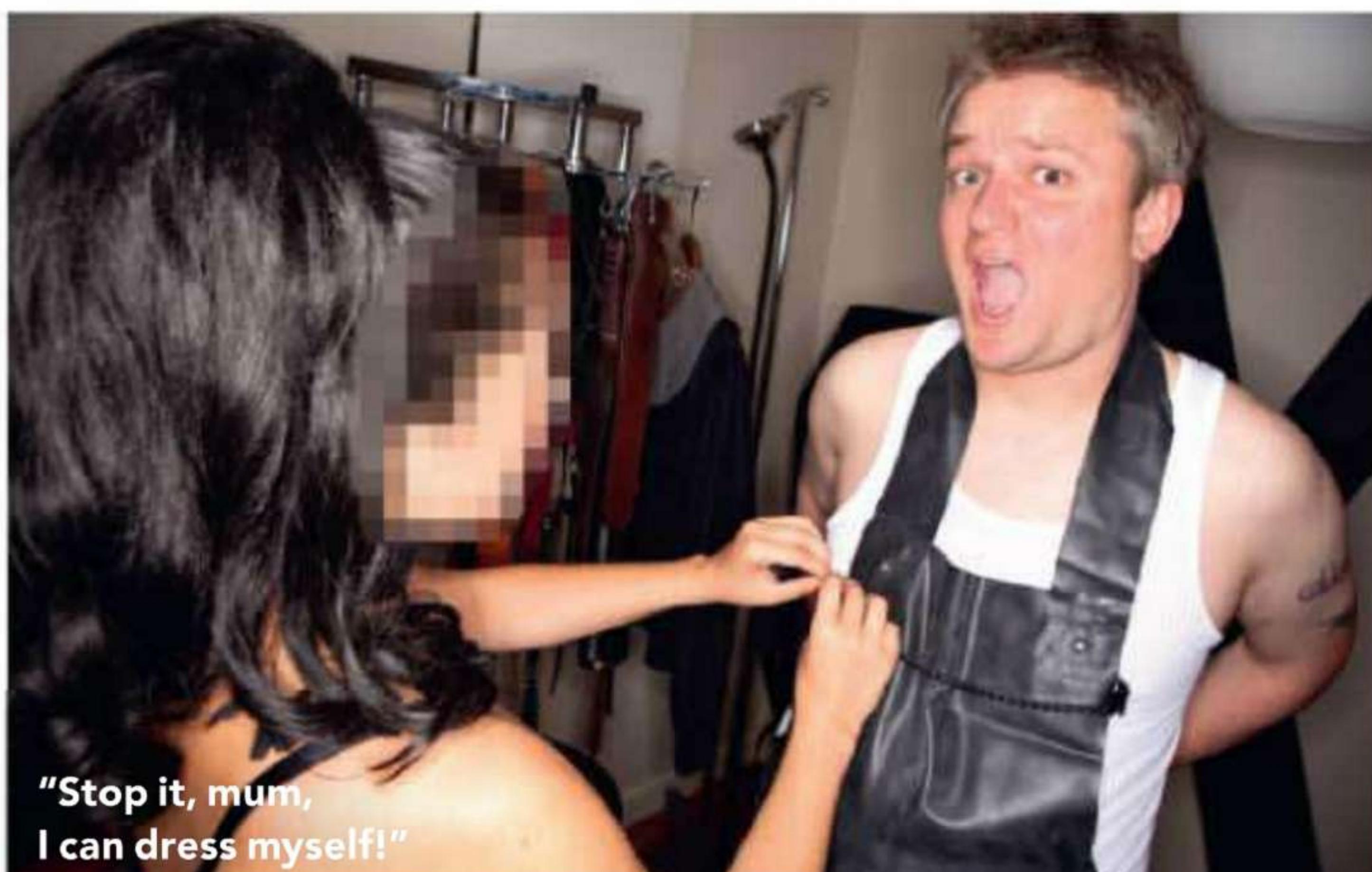
When *Nuts* man was ushered into the room – a bizarre chamber filled with rubber outfits, enema kits, gas masks, improbably large sex toys and contraptions whose purpose, quite frankly, you'd have to be a genius to figure out – he was told very firmly to shut up, with the promise of a slap if he said anything out of turn! Lovely! *Nuts* man was then ordered to strip off and was dressed up in women's undies and a rubber apron, before being attached by the nipples to a pair of razor-

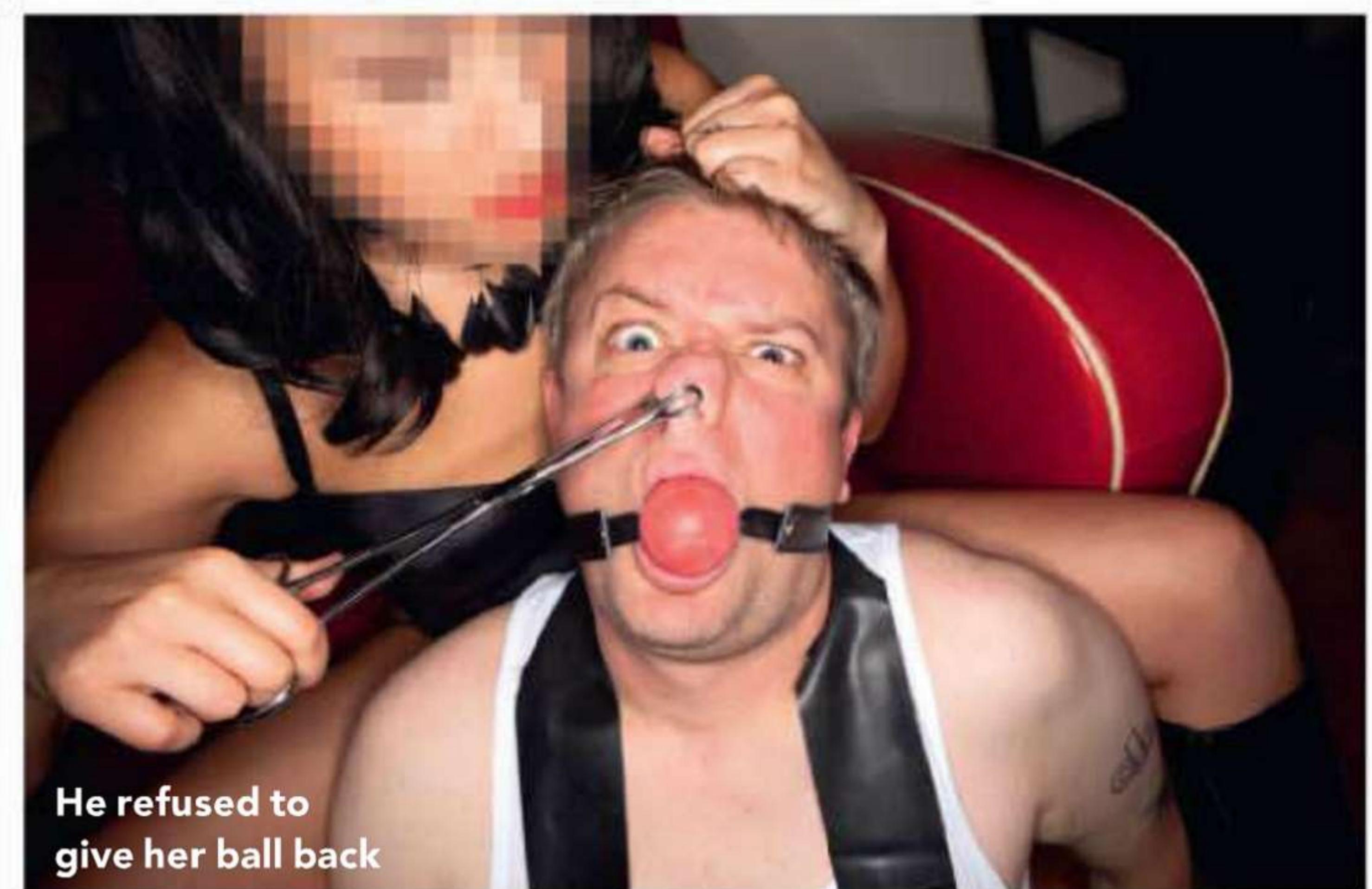
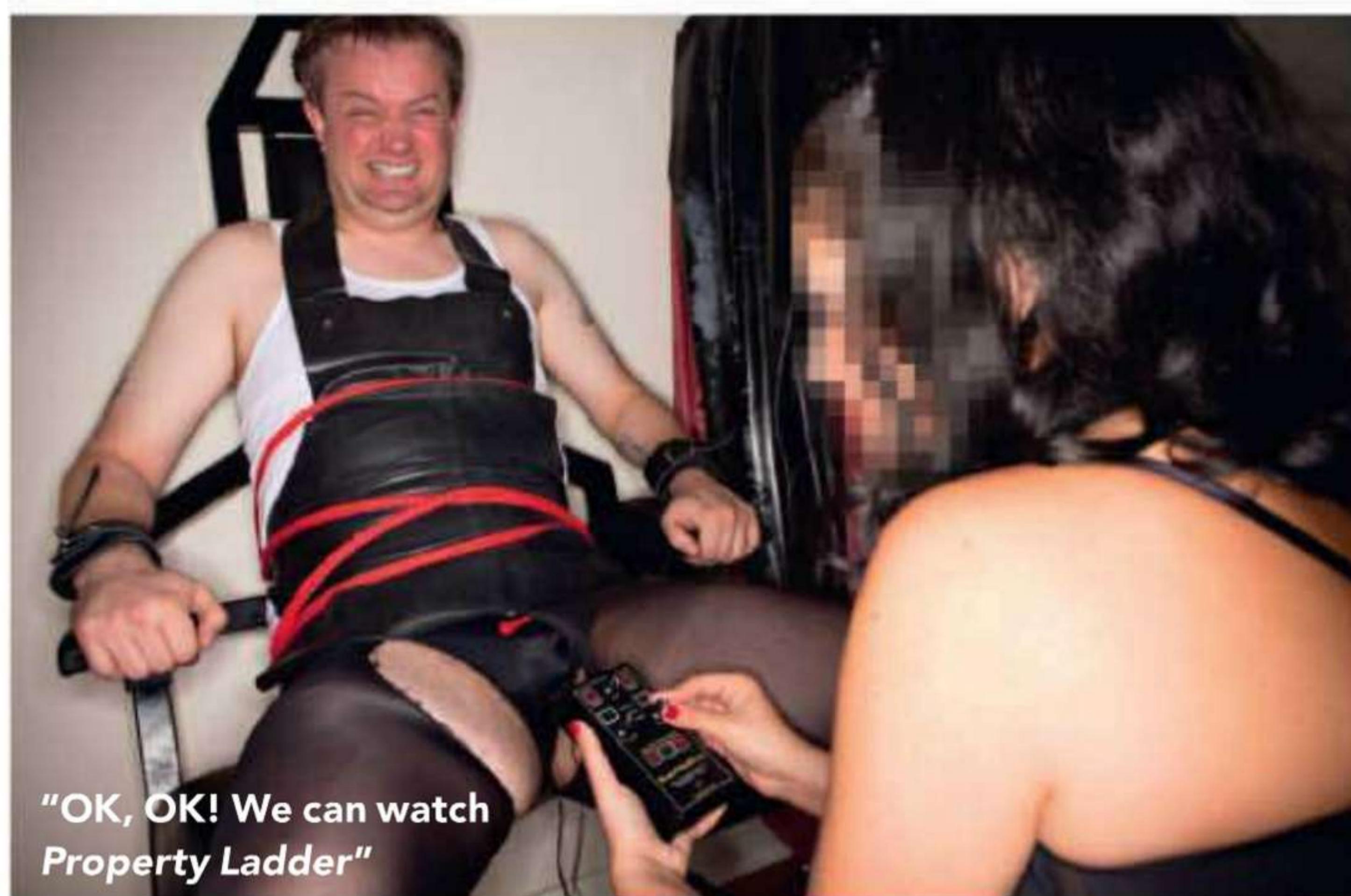
toothed clamps. Going by our man's reaction when tooth met nipple, it looked like they hurt!

THE TORTURE BEGINS

For the next hour, he was under strict instruction to obey Modern Empress, even if it led to pain and humiliation – which it usually did. This, of course, is the bit that some chaps find sexy, apparently, and are prepared to pay a lot of money for!

Modern Empress started by ordering our man to kneel with his hands cuffed and strapped





TERRIFYING!



behind his back, then lick, kiss and generally worship her bare feet! She then put some huge spike-heeled boots on and instructed him to do the same stuff to them. All of a sudden, our man was getting six inches of heel jammed into his gob – hard! We thought this was all pretty bad but things were about to get much, much worse!

THE SPANKING BENCH

Nuts man had barely got his breath back when Modern Empress ordered him into

a contraption called a spanking bench, which looks like a medieval torture device – except the people who go on it actually like it! Before he could object, our boy was getting his hind quarters thrashed and paddled by all manner of crops, whips and buckles, until his normally porcelain rump was criss-crossed with angry welts and bloody scars. Ouch!

His removal from the spanking bench proved to be something of a fool's paradise, because Nuts Gimp (that's what

we call him now) was then taken to what was ominously called The Chair, cuffed by his hands to the arms and bundled into a "gimp mask" – an all-over leather head-mask with just a few holes to breathe through!

Things then happened to Nuts Gimp that should not befall any man! Electrodes were attached to his down-below bits and electric shocks sent through them, causing him to howl in agony. When he begged Modern Empress to stop, he was punished with agonising "nut crunches" which consisted of... well, you can probably guess what they consisted of. In time, the gimp mask was removed, but only so Modern Empress could tease and taunt Nuts Gimp's face with strange medical tools, pulling his lips and nostrils all over the place! It wasn't pretty!

PUPPY TRAINING!

As he was released, gasping and red-raw from The Chair, it seemed that Nuts Gimp was over the worst of it – maybe Modern Empress had tired of

his whimpering, or maybe she'd just run out of places to whip. Either way, he was yanked down onto the floor, kindly equipped with a choke collar around the neck and informed that he was now the Empress' puppy! With a bunch of squishy balls (not that

"Electric shocks sent our man's down-below bits into agony!"

kind!) to play with, a bowl of water for him to drink from and even a bit of stomach-tickling thrown in, Nuts Gimp finally looked like he was enjoying himself again. If he misbehaved, there was a hard yank on the collar but, funny enough, he didn't feel very much like misbehaving any more!

The big question, after all that, was would Nuts Gimp be going back into the dungeon? "I have to," he told us, nursing a much-needed post-domination pint. "I left my nipple clamps behind." ■



IN AGONY!

INTERVIEW WITH A... NYMPHOMANIAC!

Nuts meets a woman who just cannot get enough of the naughty stuff!

Growing up in Southampton, 21-year-old Megan was a normal girl whose main passion was riding horses. In fact, she became so good, her coaches thought she had a real chance of doing well at the 2012 Olympics. However, away from the stables Megan had developed another obsession: sex. "I had a huge sexual appetite. Now, instead of riding horses, I ride men!" Here, Megan tells *Nuts* what life is like when all you do is think about (and have) sex!

Hi Megan! So are you really a nymphomaniac or just very, very horny? No, it's not that I'm just horny. What I have is something more. It's simple really – if I'm not getting sex I feel distraught and miserable. I think about sex pretty much all the time and once I get the urge, I've just got to go with it!

But you're only 21 years old and loads of young people find themselves feeling horny lots. When did you realise you were different? I always had boyfriends and had lots of sex, but it was when we used to go to parties that I really noticed the difference, because all I'd be able to think about was having sex with the blokes there! When I was 18, I had

a boyfriend who I used to wake in the middle of the night just to have sex – seven days a week!

Was there one specific incident that made you realise you didn't have a normal sex drive?

There wasn't one incident as such, but it got to the point where my ex would have his mates over and I'd be whispering in their ears and getting them to sneak off with me. I ended up sleeping with his best friend whilst he was in the house. I couldn't help myself!

Did your male and female friends react differently to your behaviour? The guys loved it, so I never saw it as a problem. Girls, on the other hand, are incredibly intimidated. I lost

people at my first one. Not just blokes, but a few girls as well!

Sex with ten people? How does that work? Well, you just have lots of sex with different people in quick succession. I've had two or three blokes at a time before. I've got no problem sleeping with girls either if I feel the urge. **Even though you now work as an adult movie actress, does your condition make it difficult to get on with your day-to-day life?** No, not really because I can incorporate it into my daily life. For example, I was on a journey to a film shoot and I knew someone else was driving in the opposite direction on the motorway. I called him and we met up at the services, went into

as I do, it doesn't mean I have to sleep with ugly people!

What's the longest you've had to go without sex? Recently, the longest was three days over Christmas because I had to go and stay with my family. There was literally no one there to have sex with!

In cases like that, do you have a Plan B? Yes – it's called a magic wand! Also, I always have a vibrator in my handbag, no matter where I go!

Blimey, long-haul flights must be torture for you! Actually an aeroplane is one of the few places I haven't had sex. If I ever had to go on a 12-hour flight, I'd have to make a friend on the journey pretty quickly!

So, do you seriously think your sex addiction is the same as, say, drugs or booze? It's similar in that it produces a chemical reaction that makes you feel good. But in my opinion, it's not as extreme.

What's the best and the worst thing about nymphomania?

The best thing is that there's never a boring day, and the worst is that most people think I'm a little bit strange!

And what advice would you give to someone who thinks they're a nymphomaniac?

Always be very careful! It's a great thing when you know what you're doing, but you don't want to look like a perv. If there's someone you really like, let them find it out slowly. Don't come clean straightaway! ■



All that sex had given her an appetite!"

loads of friends because they thought I was dirty. Eventually, I found myself mixing in different circles and that's when I started going to porn parties.

Porn parties? They're basically parties where you end up having lots of sex with loads of like-minded people. I ended up having sex with about ten

"I've had two or three blokes at a time...and girls, too!"

the disabled toilets, had a f**k and then carried on!

What about the physical side? Is having too much sex bad for you? Not as far as I know. If anything, it keeps me fit!

So, could you have sex with anyone, regardless of looks? No, and that's a good question. Just because I crave sex as much

To see more of Megan go to www.televisionx.com. Condoms supplied by Durex – always practise safe sex!



She was terrible
at shoplifting

Nuts SPORT

MAKING UP THE NUMBERS, EVERY WEEK!

Transfer rumours rated!

MERSE!



With Sky
Sports
legend Paul
Merson!

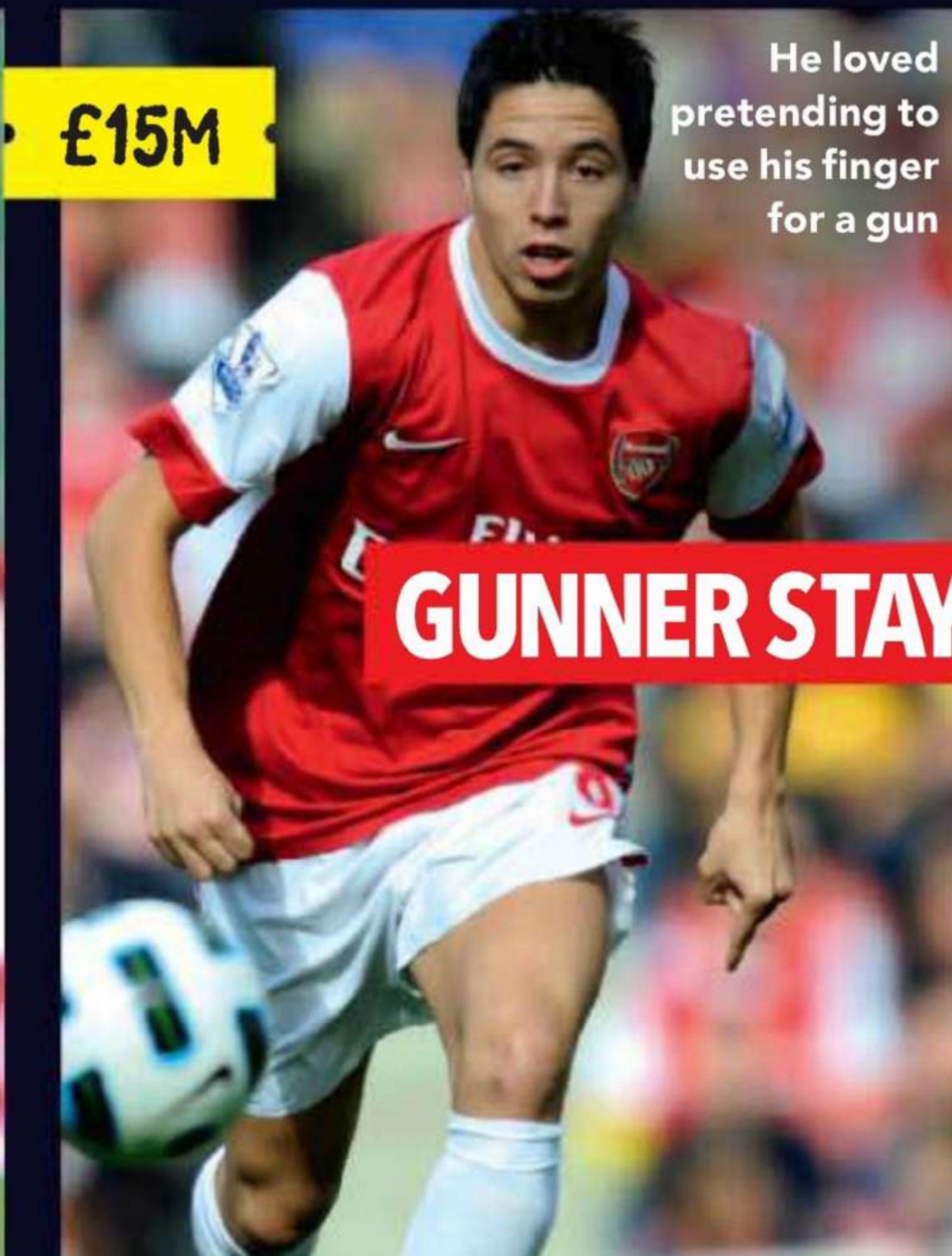
The summer transfer window's hotting up, with Europe's major clubs starting to think about splashing the cash! We love this time of year and we know you do, too, so we thought we'd get the man in the know, Soccer Saturday's Paul Merson, to guide us through the biggest rumours around. Over to you, Merse!



ALEXIS SANCHEZ TO MAN UNITED

Merse says: "I can see this happening. Sanchez is a young, fantastically skilled player and very much in the United mould of fast, attacking forwards. I think if it goes through, it could spell the end for Nani's time at Old Trafford though."

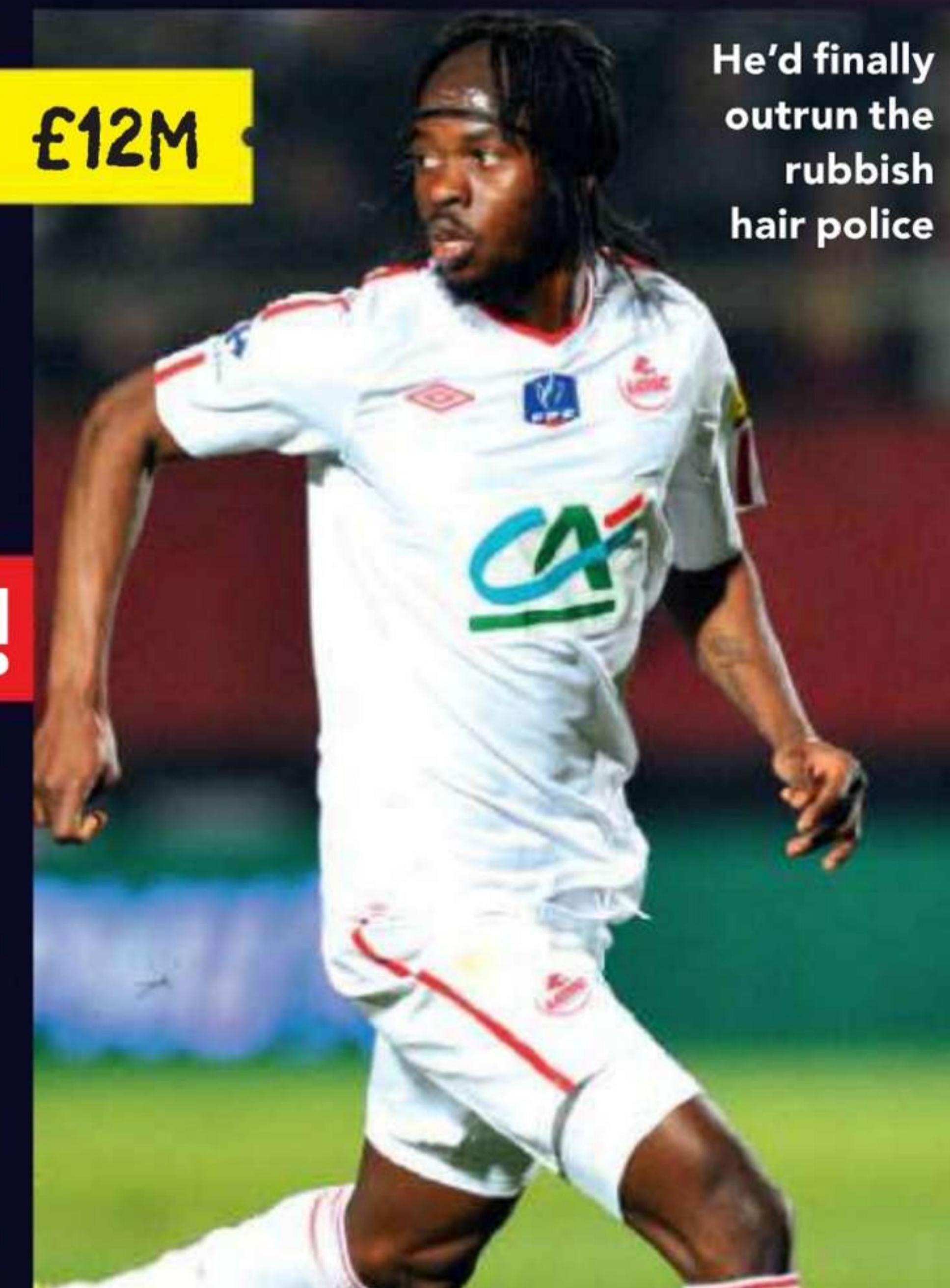
Rumour rating: **7/10**



SAMIR NASRI TO MAN UNITED

Merse says: "This won't happen, I don't think. I reckon Nasri's used the link to United to get a better deal at Arsenal and besides, Man United have loads of wingers as it is. He's a great player but wouldn't go to United just to sit on the bench."

Rumour rating: **2/10**



GERVINHO TO ARSENAL

Merse says: "This lad had a decent World Cup for Ivory Coast and he's the kind of player Arsene Wenger likes, so I think this'll go through. He'll get goals in the Premier League and Arsenal really need him to help Robin van Persie out."

Rumour rating: **9/10**



Fly
Emirates

£50M

CESC FABREGAS TO BARCELONA

Merse says: "This would be a disaster for Arsenal but luckily for them, I don't think Barca can afford him. If Jordan Henderson is worth £20million, how much must Cesc be worth? I can see him staying at the Emirates but he may want to leave."

Rumour rating: 5/10



MEGA MONEY!

JAVIER PASTORE TO CHELSEA

Merse says: "A massive amount of money for someone who's untried in the Premier League and as we saw with Aquilani at Liverpool, players from Serie A don't always settle well in England. He's some player but I'm not sure he's worth it."

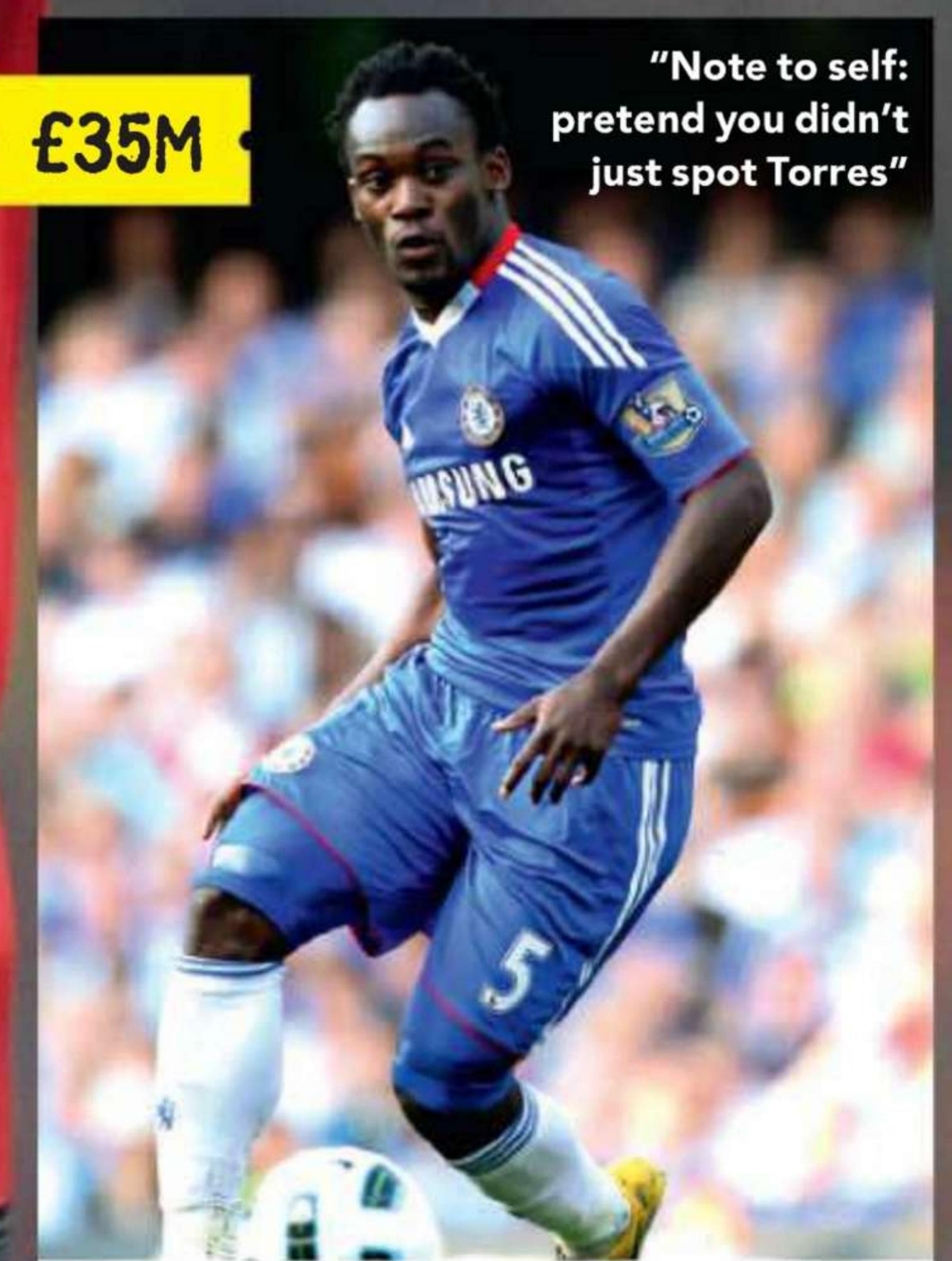
Rumour rating: 4/10



STEWART DOWNING TO LIVERPOOL

Merse says: "This spells trouble for Aston Villa, a club I love but that are in danger of becoming known for selling their talent. It would be a top signing for Kenny Dalglish. He needs a supply line for Andy Carroll and Downing fits the bill perfectly."

Rumour rating: 7/10



MICHAEL ESSIEN TO REAL MADRID

Merse says: "If I was in charge at Chelsea I'd take the money for Essien, who's been great for the Blues but didn't have a good season last year. He loves Mourinho, so would probably jump at the chance to play for Real. This is a definite possibility."

Rumour rating: 8/10

ONLY IN
Nuts!

NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

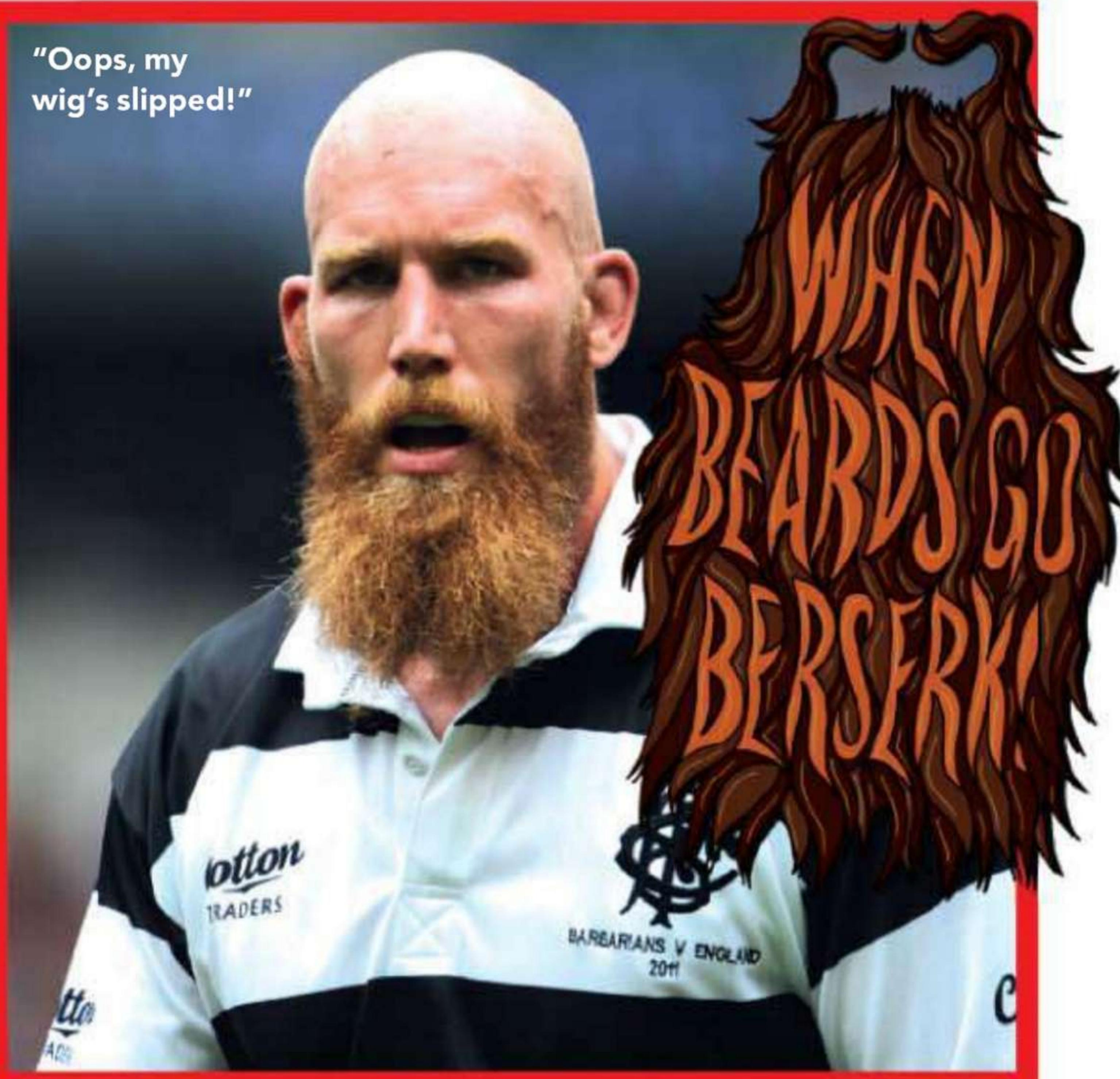
Send pics, chants etc to tim_bradley@ipcmedia.com

The dangers of dressing in the dark, in your mum's room



► If there's a Premier League player who rates himself, it's Arsenal's Nicklas Bendtner. This is despite the fact that he hardly ever plays, hardly ever scores and wears sarongs, as you can see here!

"Oops, my wig's slipped!"



► If you want to look like someone's put your head on back to front then just copy rugby star Eric Lund here, who's doing a very good impression of a bowling ball sitting on some long, dry grass!

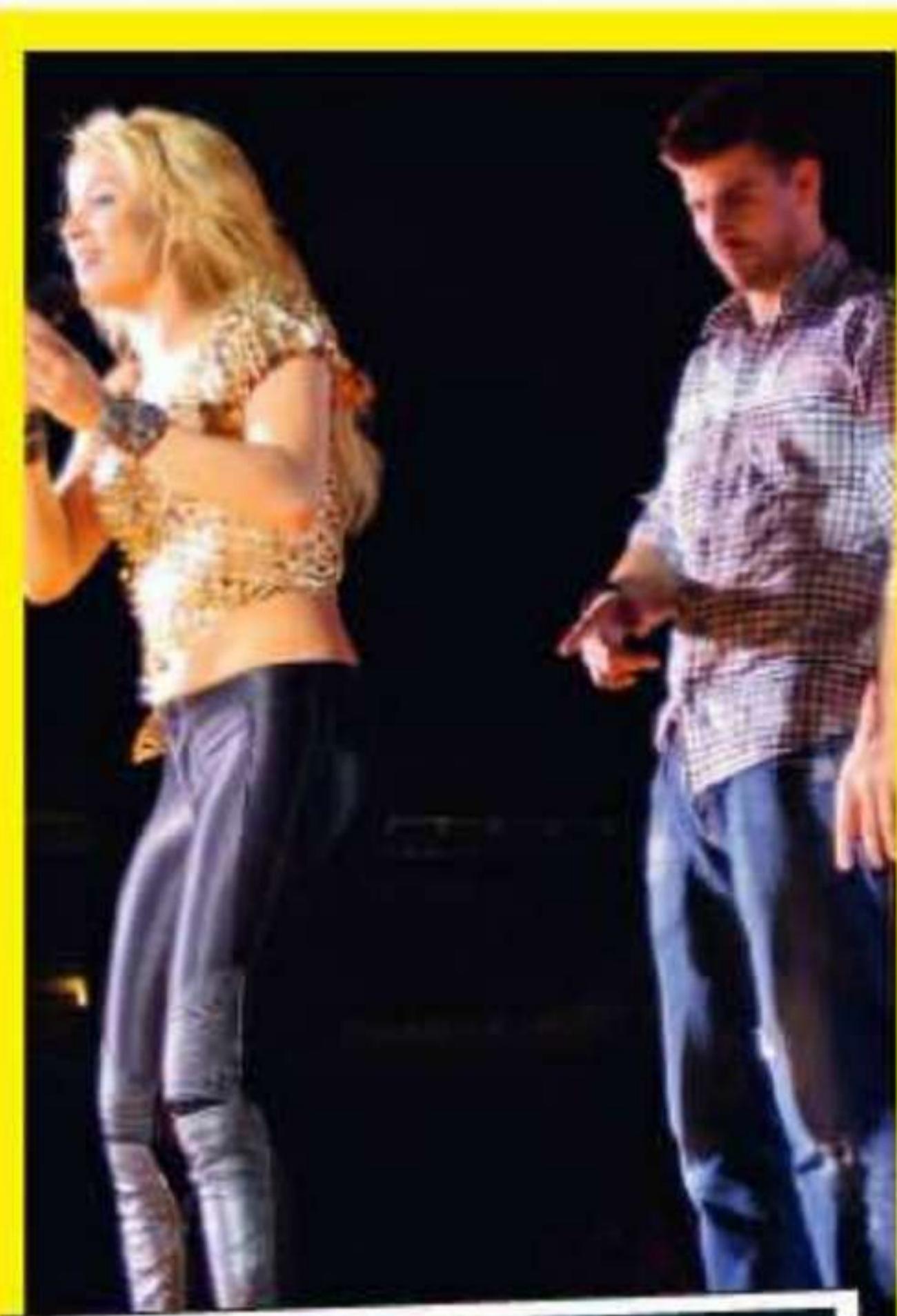


► Tackles like this spike on England's Sam Tomkins in last week's match against the Exiles are exactly why we don't play rugby league. Well, that and the fact that we're lazy and drink too much!



The Hall of Shame!

► It might've been for Carlos Tevez's daughter's birthday, but there's never an excuse for a man to dress as a clown!

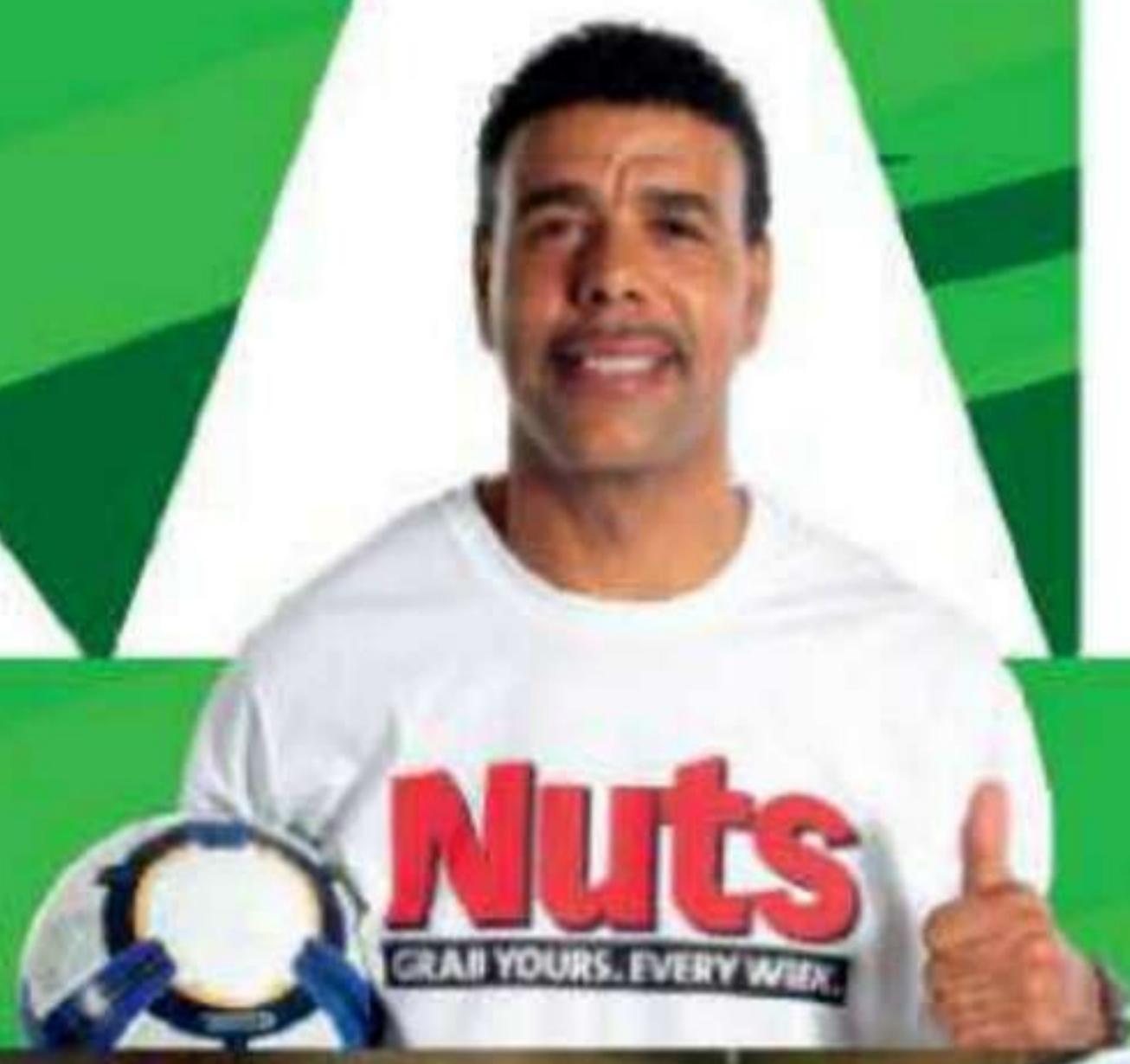


**PERVY
SPORTS STARS!**

► Yes, Barca star Gerard Pique is sneaking a peek at Shakira's bum but a) so would we, and b) she's his missus. Lucky sod!

KAMMY!

ONLY IN
Nuts!



He's the voice of the fans – and he's only in *Nuts!*

He took cover after fans
expressed their displeasure
in the crudest way possible

SECOND CHANCE!

The Wally with the Brolly's back!

So, after three years away from these shores and English football, the "Wally with the Brolly" is back and managing Nottingham Forest. I'm really pleased that someone has taken another chance on Steve McLaren. After his England side failed to qualify for the European Championships in 2008, Steve went away and proved he knows what

he's doing by winning the Dutch first division with FC Twente. The old adage is true for me – you don't become a bad manager overnight.

Taking the reins at a Championship side is perfect for him, I think. Hopefully, the board at the City Ground will back him with funds in order for him to have the best possible tilt at taking Forest up to the Premier League for the first time in nearly 15 years. If he manages it, he'll go a long way to banishing depressing memories of the rain-soaked game against Croatia at Wembley that killed

his career in England. Let's not forget that he helped guide Manchester United to three league titles and a Champions League trophy as a coach under Sir Alex Ferguson, and then took Middlesbrough to the Uefa Cup final.

I believe FC Twente offered to triple the wages he's on at Forest to entice him back. But Steve obviously wants to prove people here wrong, people like the Aston Villa fans who protested online at him being linked with the manager's role at Villa Park. I hope he manages it – and also that he's lost that daft Dutch accent! Ha-ha!

"Steve's proved he knows what he's doing!"



Wenger must listen to fans

After Arsenal's fairly disastrous season, it seems patently evident to everyone, especially Arsenal fans, that it's time for Arsene Wenger to get his chequebook out to ensure the mistakes of yet another trophy-less campaign don't happen again. I've heard a mixture of opinions from the Gunners faithful, with some believing that the Frenchman has taken this team as far as he can and should be replaced, while others think that if he just signs a few key players then the title could end up at the Emirates. He needs to try to hold on to the likes of Fabregas and Nasri – I know that much – and maybe, God forbid, sign a decent goalkeeper!



**"Arsene, nooo!
Staff toilets are just
round the corner!"**

PHOTOS: GETTY IMAGES, PA PHOTOS

Kammy needs you!

Send your jokes, pics etc to **kammy@ipcmedia.com**. The sender of the best each week will win a signed *Nuts* T-shirt!

NUTS PROMOTION

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

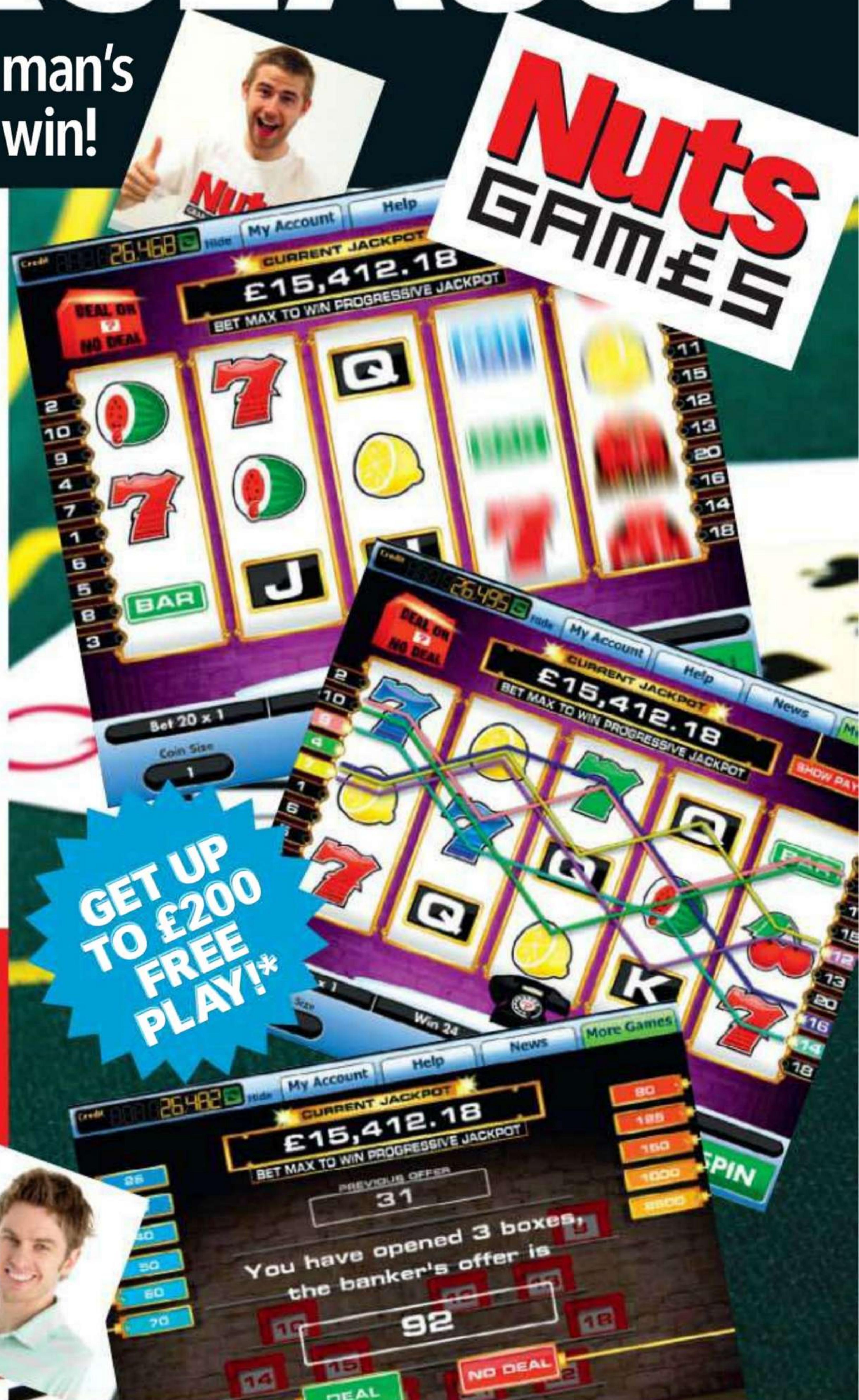
BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

David R won £58,236 on Deal or No Deal!**

"I was so shocked, I took the day off work. It's so hard to believe this is all real!"



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"That's right,
Jessica's a lucky
woman!"



Button: 'Lewis Hamilton isn't mad!'

McLaren's main man on that collision and his hopes for the season!

Hi Jenson! Many congrats on your win at the Canadian Grand Prix. The race was a bit mental wasn't it? Absolutely! With the weather and then the finish I had, I'd have to say it was one of the craziest I've ever been involved in. And to get the win made it all the more special. It's been heralded as one of the best-ever charges to victory! I don't know about that, but it's certainly my finest win. One minute I was nowhere, the next I was challenging and then I was lagging again. Given the atrocious conditions, to fight my way through the field was particularly satisfying. Did you ever fear for your safety? Every time you climb into the car, you know the risks.

Formula One is a dangerous sport and you put your life on the line all the time. The Canadian Grand Prix was a test of skill and nerve, definitely, but that's what's so great about racing. All the drivers have that competitive edge – we love the adrenaline! **Lewis Hamilton has received a lot of stick for your collision, with some pundits saying he's a reckless driver. What was your take on the incident?** I don't have any problem with it. Visibility was so poor that things like this are always likely

"Drivers know the risks – we love the adrenaline!"

to happen. Lewis is a brilliant racer and, yes, he's aggressive but he always competes in the right way. I'm sure he saw an opportunity and just went for it. **So you don't agree then with Niki Lauda's statement that Hamilton is "completely mad"?**

No, not at all. All drivers have accidents – it's the nature of the sport. I don't think Lewis' driving style is an issue.

What's your relationship like? You're team-mates but also fierce rivals. Our relationship is built on respect – I respect his abilities as a driver and I'd like to think he respects mine. Off the circuit, we get on great, too. Lewis makes a lot of headlines but I think that's great for the sport. You need

people who can excite others and encourage debate. **Thanks for the chat, Jenson. Finally, what can you do about the race standings? Do you think you can haul in Sebastian Vettel?** Seb's got a great car and he's obviously developing into a complete driver, so it's going to be very difficult. But I'd hope to take the Canadian win and use it as springboard for the rest of the season. There's some great momentum in the team at the moment and our car is improving with every race. There's every reason to be pretty optimistic, I think!

European Grand Prix
Sunday 26 June, 1pm, BBC1/HD



RING OF TRUTH!

Sport seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

CAMP!

MOODY!

SULTRY!

Psycho's posing!

"I'm considering a career
in catalogue modelling!"

BALLS!

"Be honest – it's
going to hit me in
the face, isn't it?"

DISCO!

HANDS ON!

"Ooh, I must
get these
forearms
waxed!"

"Wayne! Get your
hand out from
under that towel!"

"That's not how
you spell YMCA!"

"Save it for
the after-
match bath!"

MAN-LOVE CORNER!

KISS IT!



GO IN HARD!



GET DOWN!



OUCH!

CHEESE!

SMASH!

CONFUSED!

Two decades
of tennis lessons,
still rubbish!

"Where are
you hurt? It's
your knee,
isn't it?"

"I collect photos
of rubbish
managers!"

"Has Flintoff
been on the
ales again?"

ACTUAL IN-GAME SCREENSHOT



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 **PKR**
let's play

'QUOTE ME ON THAT!'

This week's biggest match debaters!



"I'm definitely good enough to play for Man United"

Jamaican sprinter Usain Bolt would be one nippy winger.

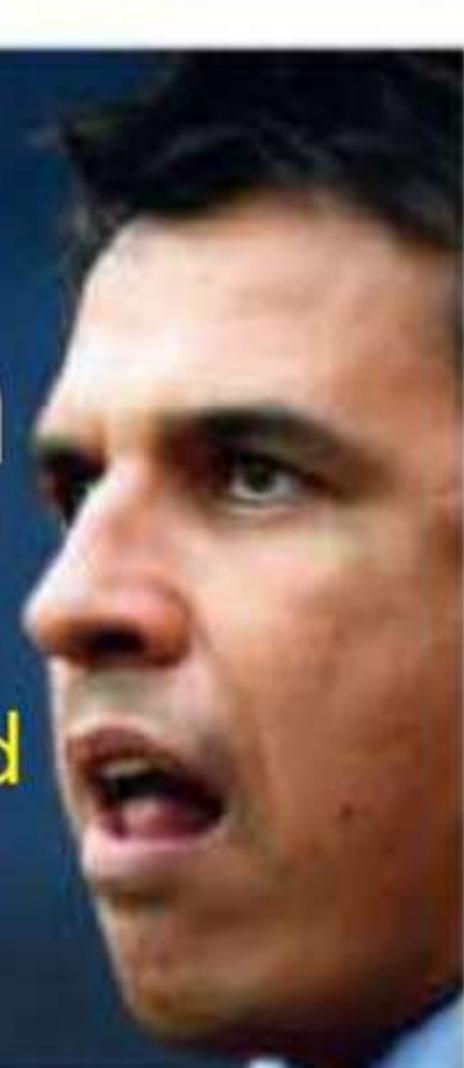


"A game's not over until the last minute"

Bad timing, Jose Mourinho.

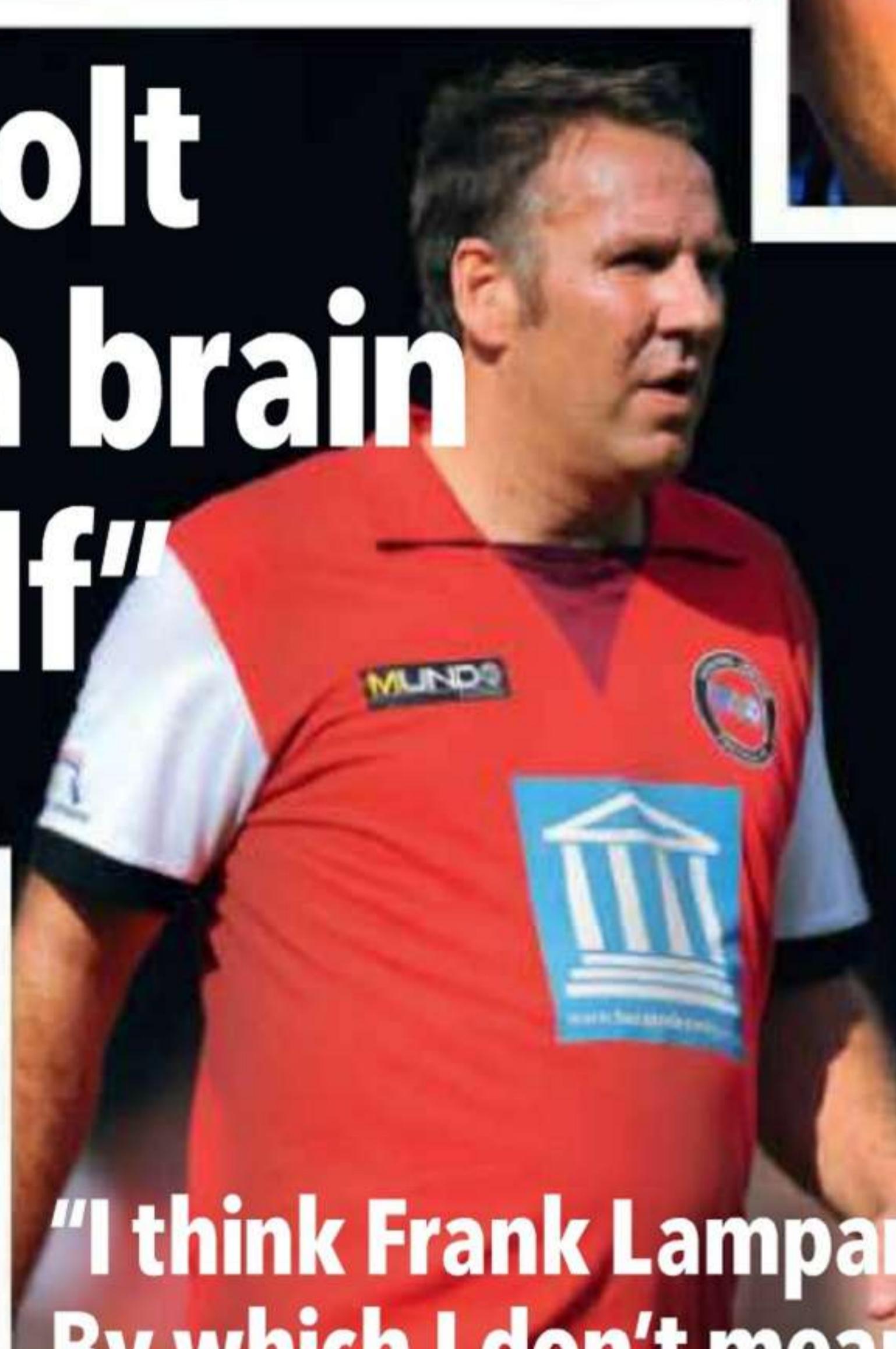
"Cometh the man, cometh the hour"

Cometh a saying used the wrong way round by Chris Coleman.



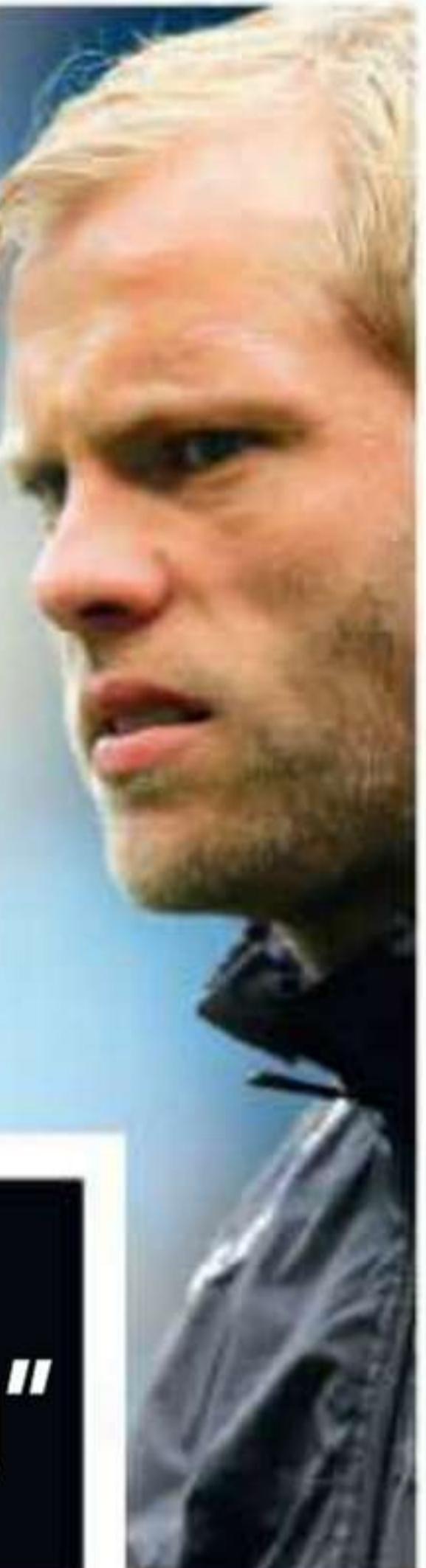
"Grant Holt has got a brain and a half"

Paul Merson on the over-endowed Norwich striker.



"Valdez plays so high"

Does Eidur Gudjohnsen think the keeper's smokin'?



"I've been in the headmaster's office all my life"

Lewis Hamilton needs a locksmith.

"I think Frank Lampard's struggling. By which I don't mean he's struggling"

Paul Merson struggles to make any sense at all.

"I've done no preparation for climbing Kilimanjaro. The highest I've been before is probably the loft"

Brendan Rodgers has no head for heights.



"He's the sort of batsman who gets big scores or none – and he's out for 17"

Nasser Hussain stumps himself.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Tom Cleverley came on the pitch against Norway"

Stuart Pearce sees his U21 star make a mess.

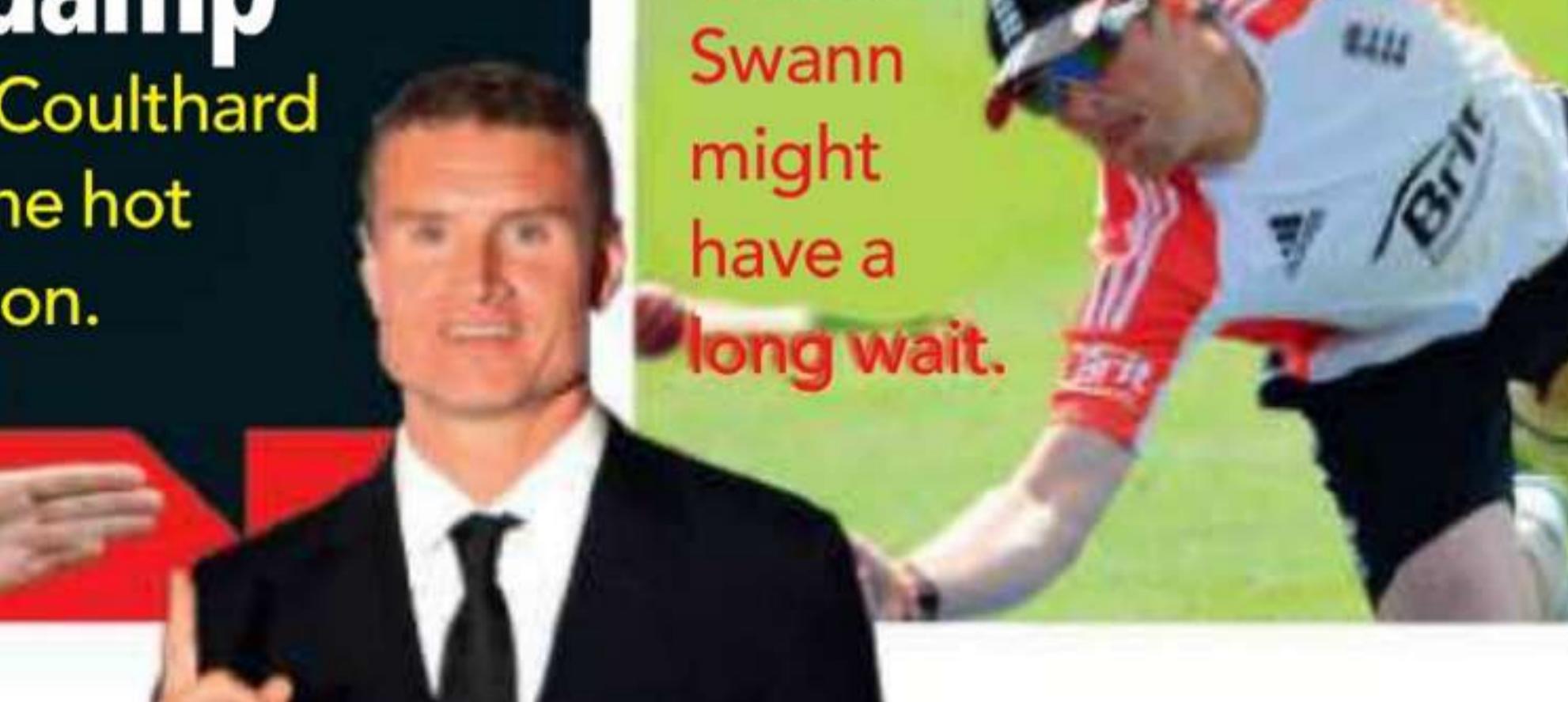


"It's not easy putting a rubber on. You don't want any floppy bits on the end"

Jonathan Agnew talks bat handles.

"Di Resta had a sniff up the inside, where it's damp"

David Coulthard on some hot F1 action.



"If I ever get a knighthood, I'd want it for services to rock 'n' roll"

Graeme Swann might have a long wait.

"The West Ham owners said we can't guarantee you anything. But what we can guarantee you is we can rebuild"

Charlie Nicholas guarantees stupidity.

Nuts REAL GIRLS

THE BEST OF BRITISH HOTIES!

BEDROOM BABE!

SOPHIA 22, Dundee, dancer

"People are always telling me that my bum is my best feature. I reckon I'll go along with that!"

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The Pic She
Sent Us!





"My sexiest outfit is my birthday suit!"

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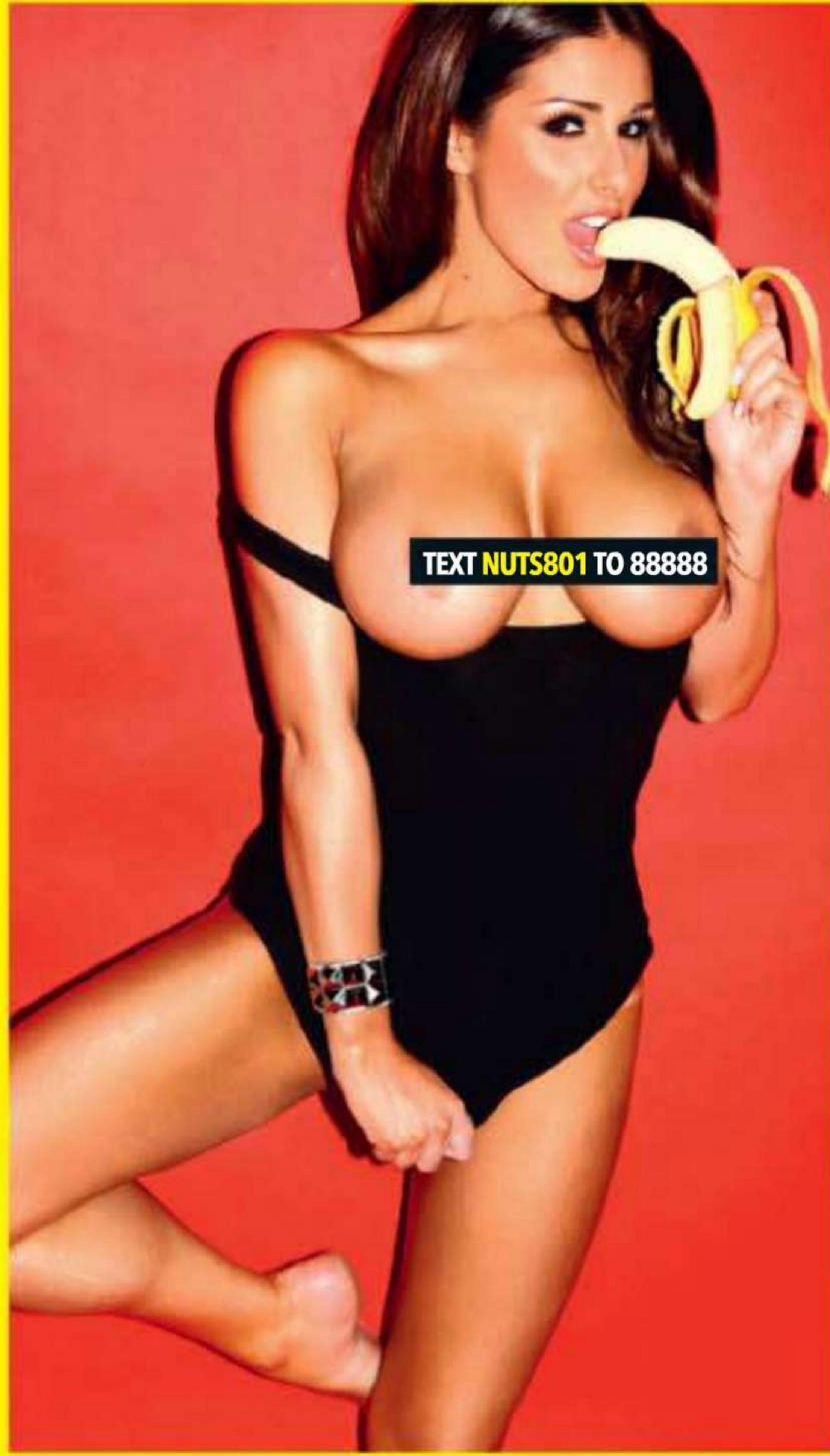


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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**

Chantal

22, Swansea, supervisor
"I always try to make a really big effort in the bedroom. I think it's very important!"

Cara

23, Cardiff, student
"On a first date, I'd wear a gorgeous dress and then flash what I had on underneath!"

Nicole

19, Edinburgh, student
"People tell me I've got great boobs and a nice bum – I'm extremely proud of them!"

Nikkie

25, Portsmouth, student
"I like the thrill of doing naughty things outside where I could get caught!"



Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, REAL PLACES!

ONLY IN
Nuts!

Ladies, would you like **Nuts** to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 70. You must be at least 18 years old.

THIS WEEK:
Name: Jessica
Age: 24
Boobs: 32DD.
 "I'm very proud!"
Likes:
 "Footballers!"
Ever kissed a girl?
 "For a laugh!"
Strangest place you've had sex?
 "On a beach!"
Sex tip:
 "Don't be selfish!"

Jessica's guide to East London

We're in Gallions Reach to meet another babe!



Jessica on... her bed!

"I love my sleep. I get up as late as I can unless I have to be up early for work. I'm a big cuddler in bed – I need someone to keep me warm!"



Jessica on... her home!

"We're in East London, so it's handy for popping into town. I've only lived here for two weeks, so if it wasn't for my satnav I'd be totally lost!"



Jessica on... staying in!

"I'm not in very often because I'm a bit of a party girl! If I am, I'll relax with a takeaway and a chick-flick – but I'm more likely to be out and about!"



HELLO!





Jessica on... staying fit!

"I'm a professional dancer, so I train three times a week and go to the gym lots, too. I eat healthily, except on Sundays when I'll have a roast dinner!"

Jessica on... her friends!

"I've got a great group of close girlfriends. I'm always on my phone planning our next night out – big nights with the girls are always pretty crazy!"

"I've got a bit of an underwear fetish!"



Jessica on... getting ready!

"I can usually get ready in about 45 minutes. I get bored if my friends are taking ages, so I'll wait until they're nearly ready and then start!"



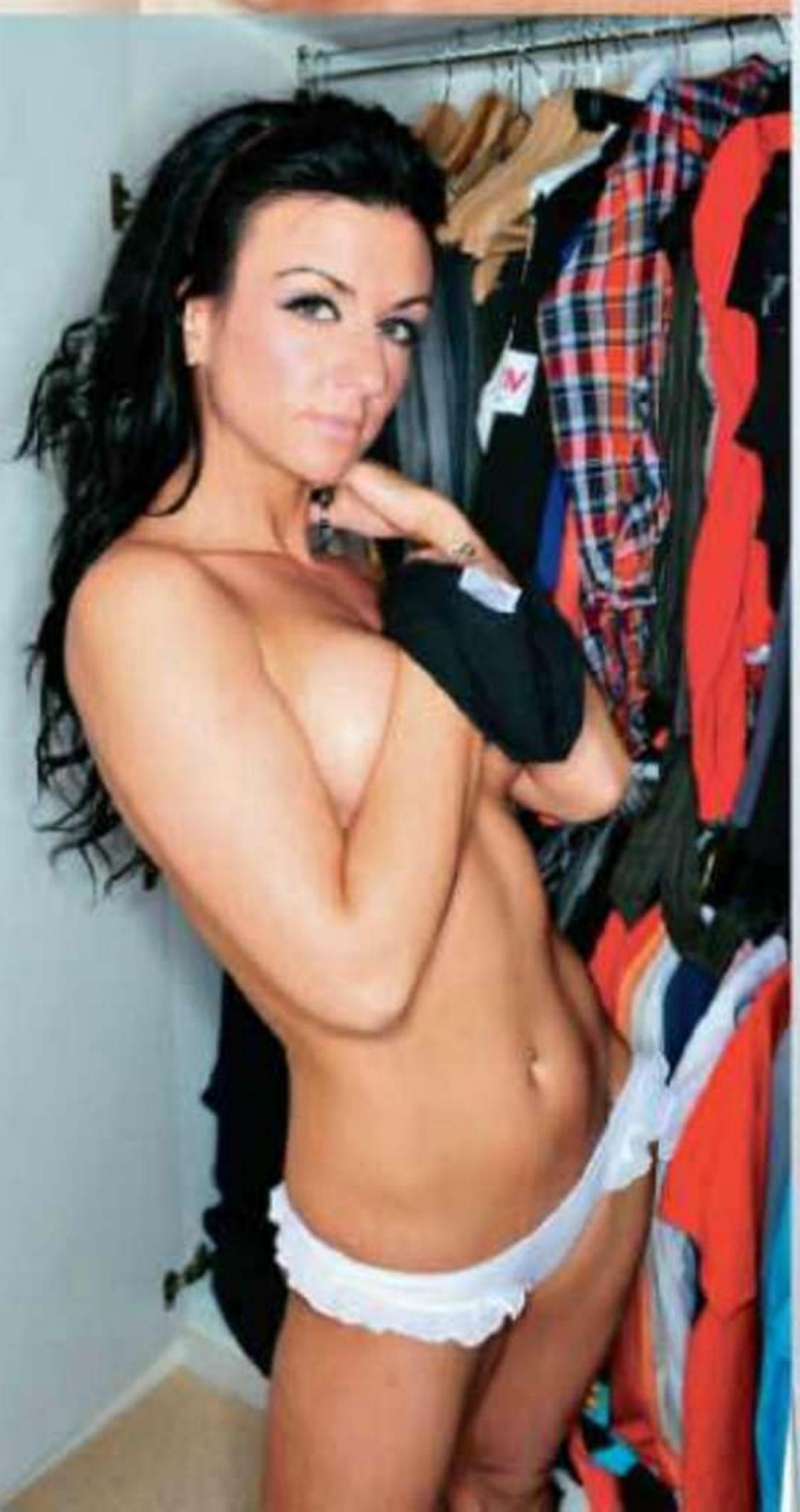
Jessica on... her clothes!

"I had four wardrobes in my old house but now I've only got two, so it's a squash! I also have a bit of an underwear fetish – I've got loads!"



Jessica on... her boobs!

"I'm a 32DD and I love them. I prefer compliments from girls. Guys just say things like, 'Great rack!' I'm more than just a pair of boobs!"



Nuts PROMOTION

Nuts vests & hotpants!

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Nuts

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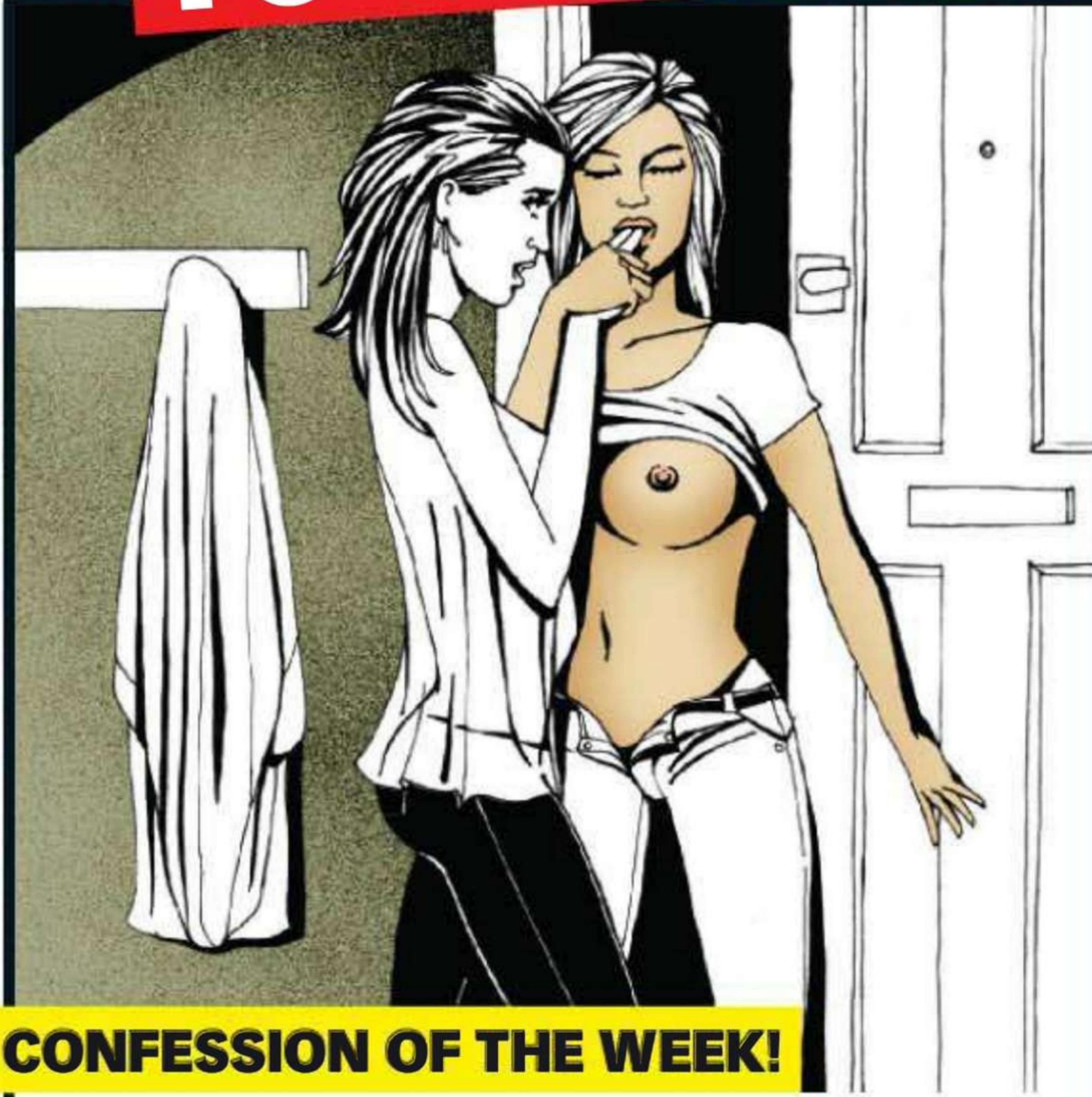
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Services on 01733 385170, fax 01733 239356



LADIES CONFESS! TO OUR SECRETARY!

100%
REAL
STORIES!

IT'S LOU!



CONFESSİON OF THE WEEK!

'She sucked my fingers'

During a recent shift at work, I noticed the new girl holding my gaze, giving me sexy smiles and brushing past me at every opportunity. In the pub a few nights later, she asked me if I'd ever slept with a girl. As she talked me through it, I started getting really turned on, so when she invited me back to hers, I decided to try it! Before we'd even shut her front door, we were kissing and licking tongues. It felt so naughty! She took my hand and showed me what she liked, pushing deeper and harder as her moans grew louder. Eventually, she climaxed all over my fingers before slowly putting them in her mouth. I'd never tried girl-on-girl before, but it was incredibly sexy!

Laura, Leeds

'The car started rocking'

One night, as my boyfriend was driving me home, I noticed he'd taken a wrong turning. As I began asking him where we

were going, I felt his hand move up my leg and under my miniskirt. My heart started to race and I could feel myself beginning to get really wet. After a short drive, we pulled up on a country lane in a secluded

spot away from the houses. We started kissing and undressing each other, only stopping for the occasional car to go past. After a while I climbed over to the driver's side and slipped his erection inside me. A couple of minutes later, the windows had steamed up and the car was rocking! After he'd finished, I sat back in the passenger seat and he rubbed me until I came. It was the best ride home ever!

Kate, Cheshire

'The stripper turned me on'

My fiancé and I were on a night out with friends and after a few hours, we decided to move on to a strip club. I'd never been to one before but I was really up for it. After watching the sexy girls twirling up and down the poles, I couldn't wait to have a dance! As one sexy blonde danced around my man, I could see his bulge growing and it really turned me on. She then danced in front of me with her boobs right up close to my face and my fella could see I was loving every second of it. When we left, I just couldn't wait to get home, so we found a dark spot in town and my fella took me hard from behind. It was really dirty and I couldn't stop thinking of the blonde's big boobs rubbing up against me. I can't wait until he comes back from Afghanistan so we can go back to the strip club for a repeat experience!

Shellie, by email

'We were both screaming'

During my weekly massage at the local gym, my gorgeous masseur started to get a little frisky with me. As he was sat over my bum, moving his rough hands up and down my back, I could hear his breathing getting shallow. Meanwhile, I could feel his huge penis rubbing up and down my bum as he worked. A few cheeky comments from me let him know I was up for it and so he started kissing my neck and back before working his hands down the sides of my hips. At this point, I arched my back and he slid his fingers inside me. Within a minute, he'd rolled me over and had his tongue between my legs! I couldn't take it any more, so I unzipped his impressive erection, rolled on a condom with my tongue and guided him deep inside me. He started to gently bite my boobs and before long we were both screaming and coming. It was the best massage ever, and I felt even naughtier after I'd paid him!

Becci, by email

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 70. The best one each week* wins £50! Come on, girls!

Nuts FASHION

Take the plunge in style this summer!

10 swim shorts

SPEEDO LTD EDITION £18

These classics are designed to be quick drying.



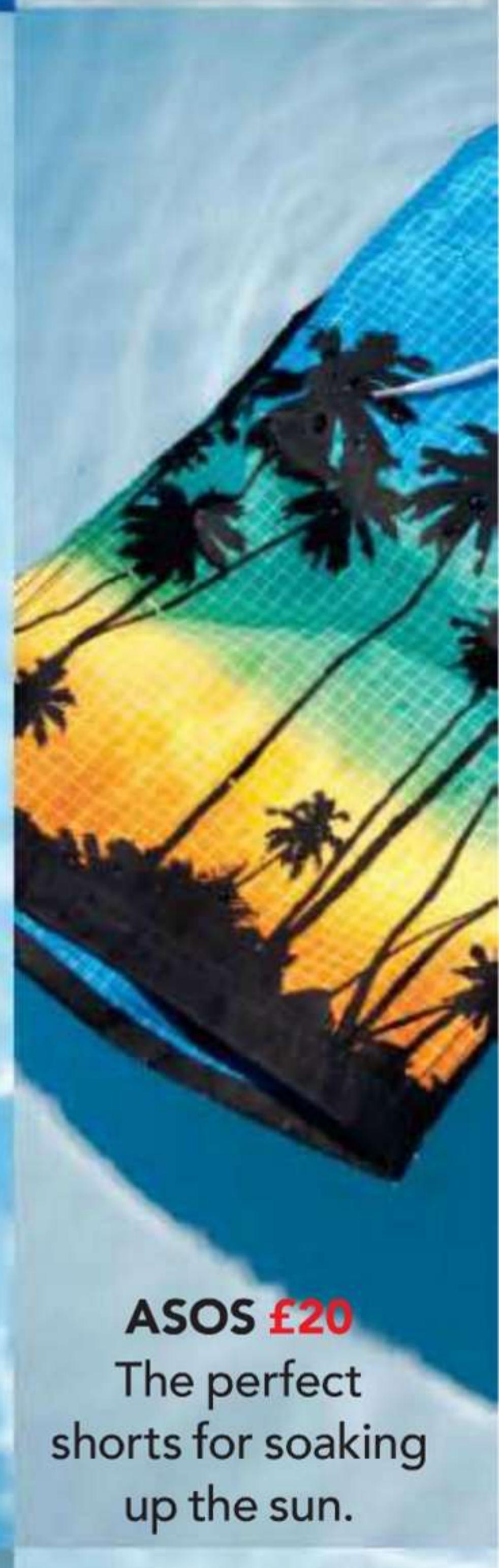
ALPINE STARS £50

These are perfect for the poolside.



VANS £50

Look every bit the surfer in these.



ASOS £20

The perfect shorts for soaking up the sun.



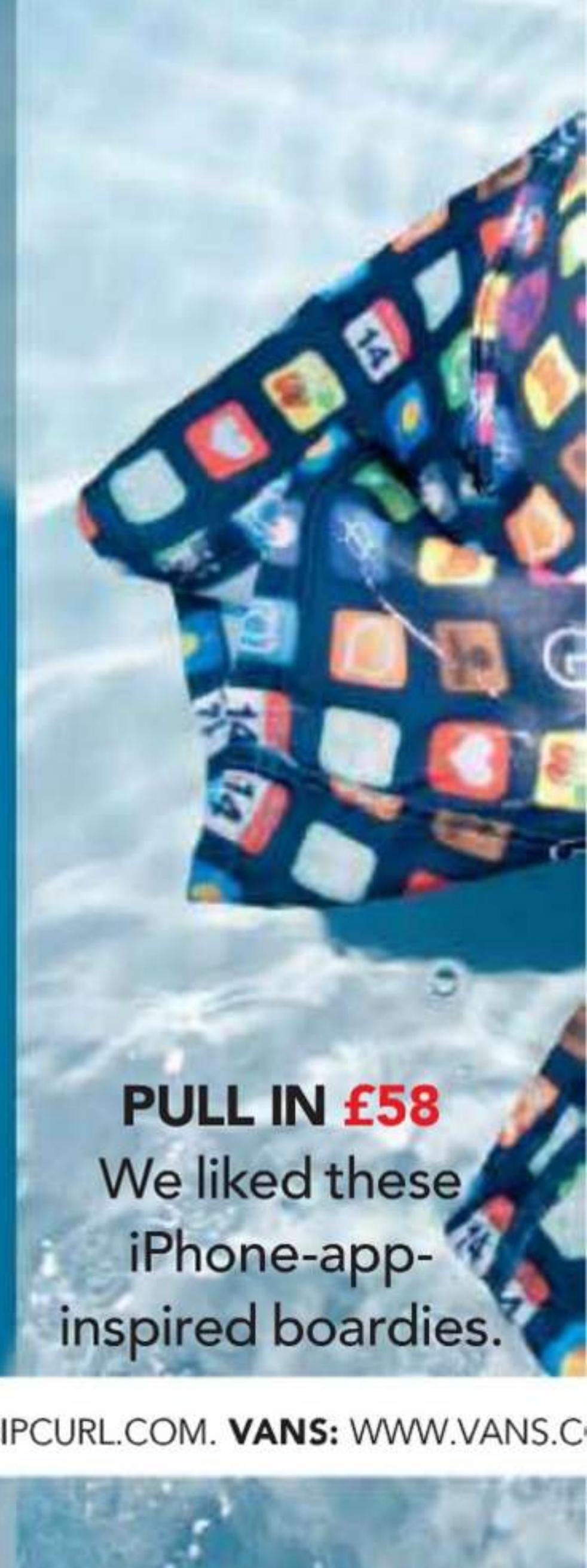
LRG £48

We rate the bold design on these bad boys.



OILER & BOILER £32

This shorter style will reduce your white marks.



PULL IN £58

We liked these iPhone-app-inspired boardies.

WorldMags

5 NEW GROOMING PRODUCTS



VOLCOM £47

This American brand really knows its stuff.



NEW LOOK £13

Find these online, along with a load more designs.



RIPCURL £55

Great boardies from the surf legends.

DOVE MEN AQUA

IMPACT BODY & FACE WASH £3

A new scent to its men's range.

Stockist: Boots



DIOR AQUA FAHRENHEIT

EDT £46

A lighter take on the killer classic smell.

Stockist: escentual.com

REHAB NO SHINE MOISTURISER £15

Natural ingredients, for a shine-free face.

Stockist:
020 7448 5035



FISHSHAPE TEXTURISING CREAM £6

With menthol-like toothpaste for hair!

Stockist: Boots



YSL L'HOMME

COLOGNE

GINGEMBRE £38

Fresh and spicy with a ginger kick.

Stockist:
perfumeshop.com



Nuts REVIEWS

GAMES!



Morph into a third mode – a transformer/vehicle hybrid!

TRANSFORMERS: DARK OF THE MOON

ALL FORMATS



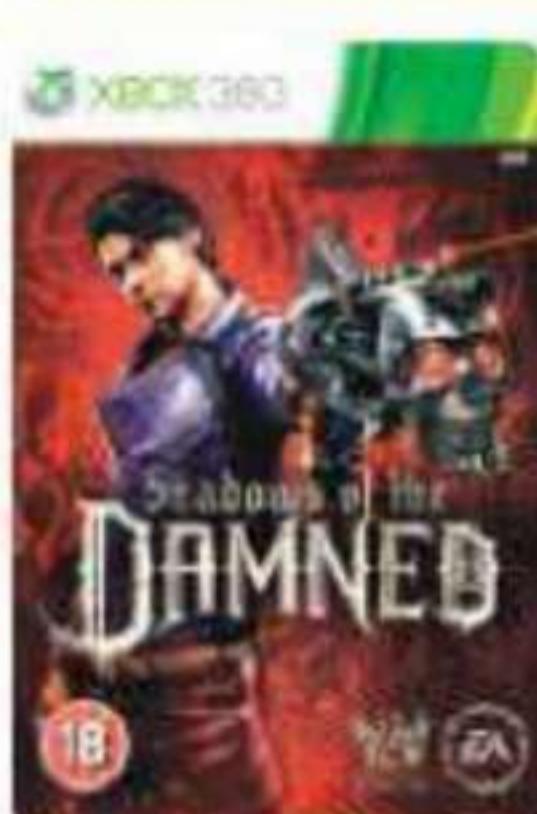
The last Transformers movie tie-in game shocked everyone by not being rubbish. This follow-up builds on

that with another solid action game. Combat is fresh and involving, missions are tightly done and you genuinely feel like a smashing, crashing, transforming intergalactic robot warrior. More than meets the, oh, you know. ★★★★



SHADOWS OF THE DAMNED

PS3, XBOX 360



Utterly batsh*t mental actioner from the makers of Resident Evil 4 has a demon hunter entering hell to save his missus. ★★★★



THE LEGEND OF ZELDA: LINK'S AWAKENING DX

NINTENDO 3DS

The 3DS "eShop" opens with this absolute stick-on classic Zelda game. It's the shined-up 1998 Game Boy Colour title and at £5.40 it's an absolute steal. Textbook gaming fun. ★★★★

APPS!



FRAME X FRAME

IPHONE, IPOD TOUCH, IPAD



Photography app that, in addition to getting more from your camera with stuff like self-timer, also lets you make stop-motion videos! ★★★★★

GOOGLE SEARCH

IPHONE, IPOD TOUCH, IPAD, ANDROID



Search for all sorts of stuff using image recognition via your camera, by speaking into your phone, or by your location with this scarily clever app. ★★★★★

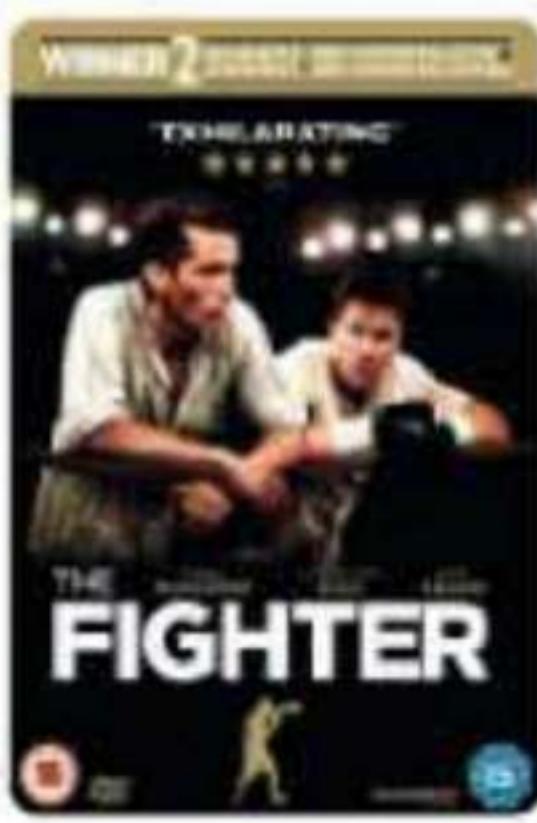
DVDS/BLU-RAY!



Bale won the Best Supporting Actor Oscar for his role as Dicky Eklund

THE FIGHTER

DVD & BLU-RAY CERT 15



Brilliant real-life boxing drama following the career of American scrapper Micky Ward (Mark Wahlberg, tough

and likeable) as he struggles with opponents in the ring and his crack-addled half-brother/coach Dicky (Christian Bale, tremendous and Oscar-winning) outside it. A remarkable story, remarkably told. ★★★★

THE RITE

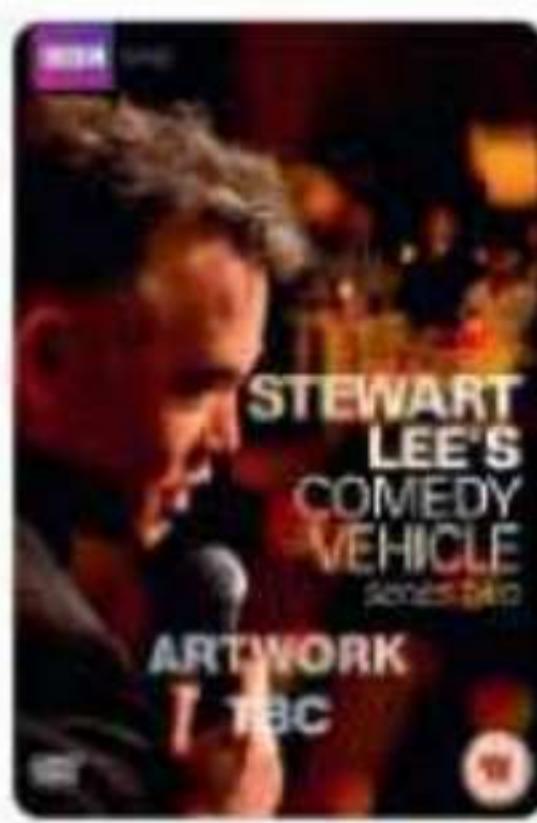
DVD & BLU-RAY CERT 15



Anthony Hopkins is on top form as Father Lucas, an exorcist who trains US God-botherer Colin O'Donoghue in Italy. ★★★

STEWART LEE'S COMEDY VEHICLE: SERIES 2

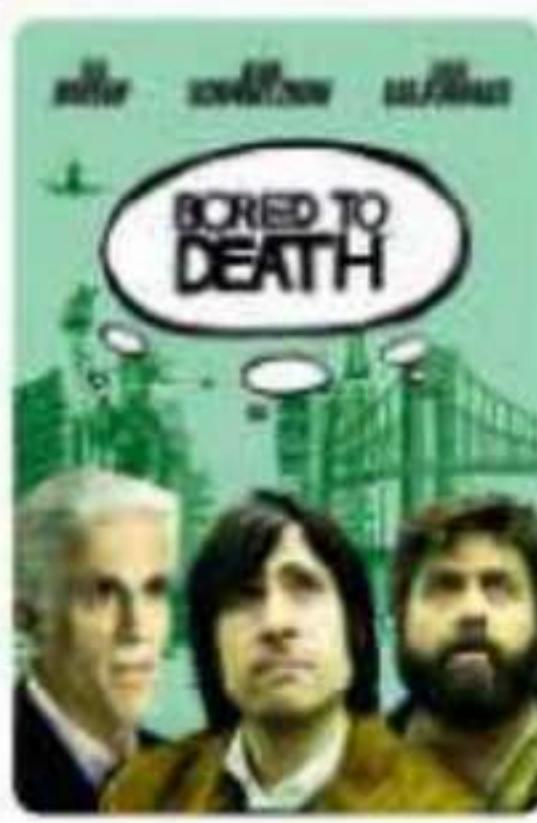
DVD CERT 12



The deadpan comic chatters about everything from national identity to crisps, plus aceness from Armando Iannucci. ★★★★

BORED TO DEATH

DVD & BLU-RAY CERT 15



Offbeat comedy series with Jason Schwartzman as a writer who pretends to be a private eye. Zach Galifianakis also stars. ★★★

MUSIC!



PITBULL

PLANET PIT



Dancey pop-hop all the way, guest-starring the likes of Ne-Yo, Sean Paul, T-Pain, Enrique Iglesias and, well, everyone really. ★★★

VARIOUS ARTISTS

A STATE OF TRANCE 500



Good Lord! No fewer than five CDs of classic trance, mixed by top DJs including Armin van Buuren and Paul Oakenfold. ★★★★

All the latest action-packed releases

Ratings: ★★★★ Genius ★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



Also stars *Little Britain*'s Matt Lucas and *The IT Crowd*'s Chris O'Dowd



BRIDESMAIDS

CERT 15

Kristen Wiig had us cackling in Pegg and Frost's *Paul* and she returns in the female answer to *The Hangover* from Knocked Up producer Judd Apatow. Wiig and Rose Byrne go head to head in a matron-of-honour tussle as the ladies take on the Wolfpack for laughs in a sweary, gross-out chuckle-fest featuring exploding bums ("Sh*t is coming out of me like lava!") and drunken chaos. Take the missus for brownie points and you'll laugh your face off. Result! ★★★★



HOSTED

CERT 18

Bum-clenchingly tense Brit prison drama following young inmate Martin Compston's struggle against psychos, nonces and corrupt screws. Scary! ★★★★

SJM CONCERTS & DF CONCERTS PRESENT

PROFESSOR GREEN

PLUS SPECIAL GUEST

LABRINTH



October 2011

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Sun 16	Glasgow Barrowland 0844 499 9990
Mon 17	Edinburgh HMV Picture House 0844 499 9990
Tue 18	Liverpool O2 Academy 0844 477 2000
Thu 20	Newcastle O2 Academy 0844 477 2000
Fri 21	Manchester Academy 0161 832 1111
Mon 24	Nottingham Rock City 0845 413 4444
Tue 25	Leamington Spa Assembly 01926 523 001
Wed 26	Norwich UEA 01603 508 050
Fri 28	Birmingham O2 Academy 0844 477 2000
Sun 30	Bristol O2 Academy 0844 477 2000

November 2011

Tue 01	Bournemouth O2 Academy 0844 477 2000
Wed 02	Brighton Dome 01273 709 709
Thu 03	London Roundhouse 0844 482 8008

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Free Your Future with Freederm®

**This experience
of a lifetime
could be yours,
thanks to Nuts
and Freederm!**

Chaps, have we got some mind-blowing prizes for you! We've joined forces with Freederm – the skincare experts for spot-prone skin – to offer the chance for you and a friend to win an experience of a lifetime!

So, what exactly is up for grabs? Well, how do you fancy

going behind the scenes at a top London radio station helping to put a show together? Or maybe you'd like to try your hand at being a music producer for the day and laying down a track in a studio where all the stars have worked? Or if that doesn't tickle your fancy, how about going behind the scenes at MTV for

three days with VIP access-all-areas? Plus, we'll throw in a night at an exclusive London hotel and pay all your travel expenses – and that's all thanks to Freederm! Sounds too good to be true? It's not! All you have to do for a chance to win this prize is enter this competition before 25 July* – here's how...

How to enter

- Head to www.facebook.com/frederm
- Click on the MTV or the BigTop40 or NME button.
- Add your contact details.
- Upload a pic and big yourself up (if you like) in a few words.
- Make sure you select which experience (listed below) you want to win. Job done!

CATCH A BAND RECORDING!
Meet a proper record producer in a proper music studio and marvel as he twiddles his knobs – and even help out as he lays down some music!

GO BEHIND THE SCENES AT MTV STUDIOS!

Have VIP access at the studios of top music channel MTV and watch from behind the scenes as they make their brilliant shows!

SPEND A DAY AT A TOP LONDON RADIO STATION!

Spend the day at a top London radio station and find out for yourself exactly how shows get made and go on air. Meet the presenters, record your own links and even sit in while a top celeb is interviewed!

As you can see, it couldn't be easier to enter, so what are you waiting for? Once you've done this, get your mates on the case to help you win. And there's something in it for them too – simply by voting for you as many times as they like (the more they vote, the better chance you have of bagging the big prize), they can score themselves some Topman or Topshop vouchers. And hey, you might even take them with you as your VIP plus 1! So get them clicking to vote for you on Facebook and Twitter now!

Fast Track your night out!

If you're planning a night out and a spot strikes – relax! New Freederm Fast

Track can help to reduce redness in under three hours! Its unique formula fights spots fast, leaving your skin looking healthier, faster. Get Freederm Fast Track, part of the range from Freederm – the skincare experts for spot-prone skin – in Superdrug and Independent Pharmacies now.



Freederm

Nuts TV

Festivals, cops, kidnappers and fast cars!

Nuts!
7-DAY TV
LISTINGS
GUIDE!



The scouts had really
gone to town with
their latest camp

SATURDAY

Music and mud!

Glastonbury 2011 BBC3, 7pm



TUESDAY

Criminally good drama!

Luther BBC1, 9pm

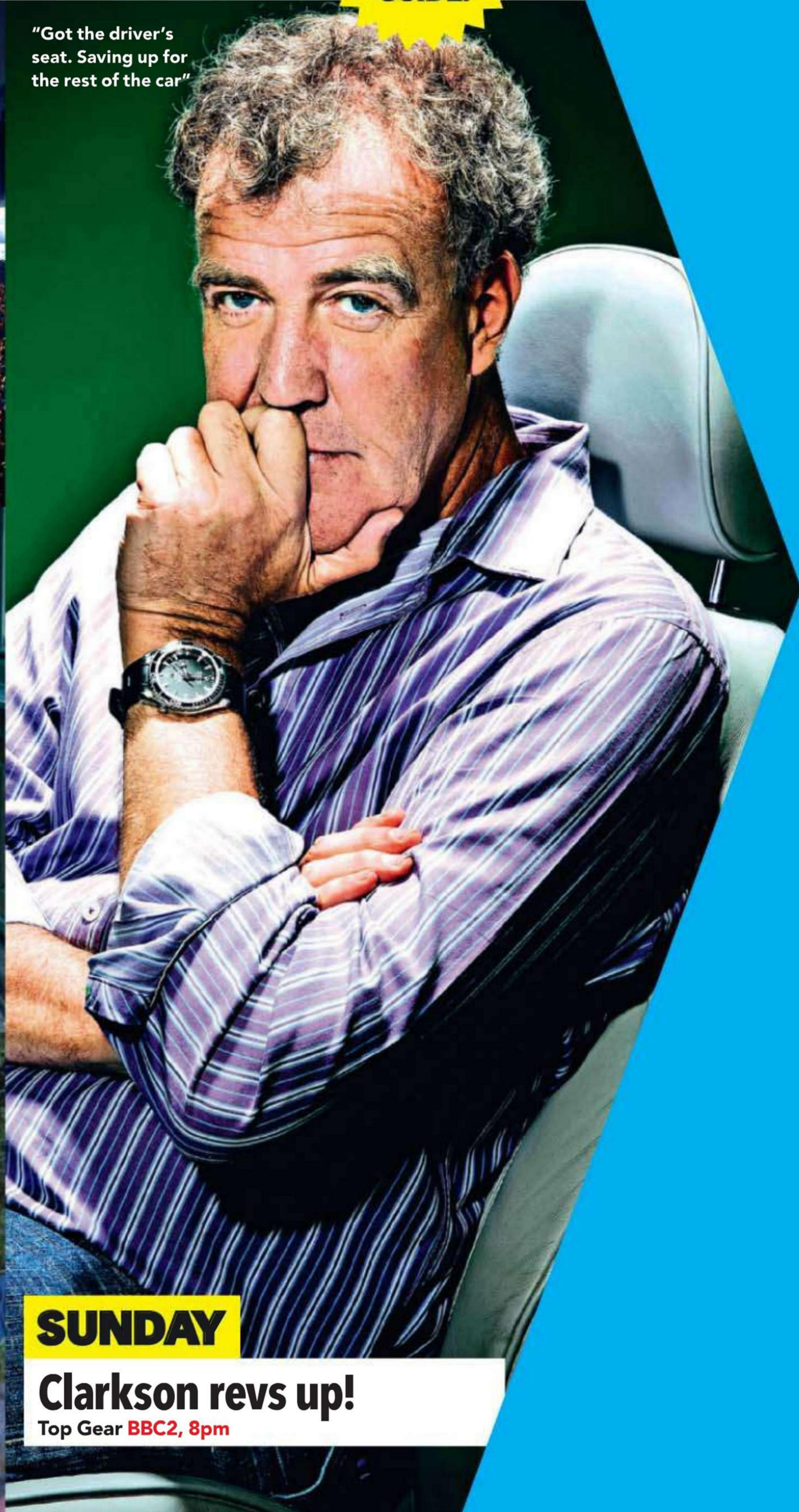


They loved
tormenting moths

WEDNESDAY

Deadly thriller!

Gone Baby Gone BBC1, 11.15pm



SUNDAY

Clarkson revs up!

Top Gear BBC2, 8pm

FRIDAY 24 JUNE



Human Centipede 3,
coming soon...

8 Out Of 10 Cats

COMEDY Channel 4, 9pm List-related laughs courtesy of host Jimmy Carr, goggle-eyed captain Sean Lock and opposition skipper Jon Richardson. Friday night telly gets no better! ★★★★



Wall Of Fame

COMEDY Sky1/HD, 10pm Get David Walliams to host, rope in the likes of Jack Dee and Andrew Maxwell, let them make gags at the expense of headline-hitting celebs and you've got a winning panel show! ★★★★



"So you're saying you wanted the chair in the lounge not the lake?"

Dexter

DRAMA FX/HD, 10pm Dexter hires a moving van to spare his stepkids having to return to the scene of their mum's murder. Wouldn't you know it, he makes a much more sinister discovery... ★★★★

BBC ONE

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon: *The fifth day on the show courts.* 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC TWO

6.00am CBeebies 6.55 CBBC 8.30 CBeebies 10.30 **SPORT** Yesterday at Wimbledon (R) 11.30 Daily Politics 12.00noon **LIVE** Wimbledon 3.25pm CBBC 5.50 **LIVE** Wimbledon: *More net-avoiding fun.*

ITV 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

ITV 4

7.00am Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Location, Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.05 My Eden (R) 1.10 **FILM** One of Our Aircraft is Missing 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

ITV 5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Inside Hollywood 3.10 **FILM** Britannic: *Wartime adventure starring Edward Atterton and Amanda Ryan.* 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

SKY 1

7pm **The Simpsons** (R) 7.30 **Futurama** Planet Express faces tough competition. (R) 8.00 **The Simpsons** The family visit New York. (R) 8.30 **The Simpsons** Homer is jealous when an old classmate is inducted into the Walk of Fame. (R) (HD)

9.00 **Raising Hope** The family reminisce about the year Jimmy turned 18. (HD)

9.30 **The Simpsons** Mr Burns is sent to the slammer. (R) (HD)

10.00 **Wall of Fame** **MUST-SEE** Topical panel show with David Walliams. (HD)

10.30 **An Idiot Abroad** More rubbish times for Karl as he visits Israel. (R) (HD)

11.30 **Spartacus: Blood and Sand** (R) (HD)

12.40am **Brit Cops: Zero Tolerance** (R) (HD)

FRIDAY'S SPORT

10.30am Golf, Sky Sports 1.
12noon Wimbledon, BBC2.
1.45pm Wimbledon, BBC1.
3.30pm Golf, Sky Sports 1.
5.50pm Wimbledon, BBC2.
6pm Nottinghamshire vs Leicestershire, Sky Sports 2.
7.30pm Warrington vs St Helens, Sky Sports 1. 2am Boxing, ESPN.

6AM

7PM

1AM

7.00 **The One Show**
Chris Evans shots.

8.00 **EastEnders**
Scowly soap.

8.30 **A Question of Sport**
A Wimbledon-themed edition of the quiz. Game... (R)

9.00 **My Family**
Set!

9.30 **Miranda**
And match, for BBC1 for a while. You should really be watching Channel 4 tonight anyway. (R)

10.00 **News, Weather**

10.35 **The Graham Norton Show**

With Jessie Wallace, Kim Cattrall and the Saturdays.

11.20 **The National Lottery Friday Night Draws**

Presented by Kate Edmondson.

11.30 **The Terminator**

FILM The Beeb redeems itself with the classic Arnie sci-fi thriller. He plays a cyborg assassin sent from the future to '90s LA to kill a woman who holds the key to humanity's future. Ace!

8.00 **Today at Wimbledon**

SPORT The day's fury ball-serving action featuring the men's and ladies' third-round encounters.

9.00 **The Kennedys**

The president launches the Bay of Pigs invasion.

9.45 **Glastonbury 2011**

Featuring the headline set by U2.

10.30 **Newsnight**

11.05-2.00am **Glastonbury 2011**

Even more mud-wading antics as the likes of Morrissey, Biffy Clyro, BB King, the Wu-Tang Clan, Cee Lo Green, Chase & Status, Jimmy Cliff, Primal Scream, Mumford & Sons and Fleet Foxes give their vocals an airing. Sounds good to us!

7.00 **Emmerdale**

Crop-spraying crud.

7.30 **Coronation Street**

High-drama as Gary deletes a text message. Unbelievable, eh?

8.00 **Love Your Garden**

Weed-watering witterings.

8.30 **Coronation Street**

The tension continues as Gary hides Izzy's mobile phone. Ooh!

9.00 **Paul O'Grady Live**

Barry Manilow and Victoria Wood are among the guests. No thanks.

10.00 **ITV News, Weather**

10.35 **No Reservations**

FILM Romantic comedy rubbish with Catherine Zeta-Jones.

12.30am **The Zone**

2.35 **FILM** The Whole Ten Yards: Comedy thriller sequel starring Bruce Willis and Matthew Perry.

4.10-5.30am **ITV Nightscreen**

7.00 **News**

7.25 **4thought.tv**

7.30 **Jamie's 30 Minute Meals**

Jamie Oliver prepares wonky summer pasta. The loon. (R)

8.00 **Come Dine with Me**

Four amateur chefs from Northampton compete indulge in a bit of food – and back-stabbing.

9.00 **8 Out of 10 Cats**

MUST-SEE Comedy panel show Hosted by Jimmy Carr.

9.30 **King Of**

Jessie Wallace and Stephen Mangan guest on the talk show.

10.00 **Alan Carr: Chatty Man**

Goggle-eyed fun with Elle Macpherson and Louis Walsh.

11.05 **That Peter Kay Thing** (R)

11.40 **PhoneShop**

12.10am **Music on 4: Mercury Prize Sessions**

12.30 **The Album Chart Show** Introduces – Far East Movement

7.00 **5 News at 7**

7.30 **Fifth Gear**

Ace edition as stunt co-ordinator Vic Armstrong directs a car-chase sequence. Brilliant!

8.00 **Eddie Stobart: Trucks and Trailers**

Staff deliver goods bound for British armed forces based in Germany.

9.00 **Castle**

The writer and Beckett investigate the murder of a nanny.

10.00 **Law & Order**

A boy is murdered. (R)

11.00 **CSI: Miami**

The team investigate the kidnapping of a baby girl. (R)

11.55 **Inside Hollywood**

Magazine show.

12.10am **SCXTRA**

12.40 **SuperCasino**

1.10am **The One Show** (R) 2.15 Sign Zone: The Animal's Guide to Britain (R) 3.15 Two Greedy Italians (R) 4.15-6.00am BBC News

1.00 **Hollyoaks Music Show** (R) 1.25 My Name Is Earl (R) 2.15 The Real Housewives of New Jersey (R) 3.05 Ugly Betty (R) 4.35 Hill Street Blues (R) 5.25-6am **Countdown** (R)

4.05 **SPORT** Motorsport Mundial 4.30 **Fifth Gear** (R) 4.55 Rough Guide to Short Breaks (R) 5.10 **Wildlife SOS** (R) 5.35-6.00am **House Doctor** (R)



England vs Sri Lanka

SPORT Sky Sports 1/HD, 2pm

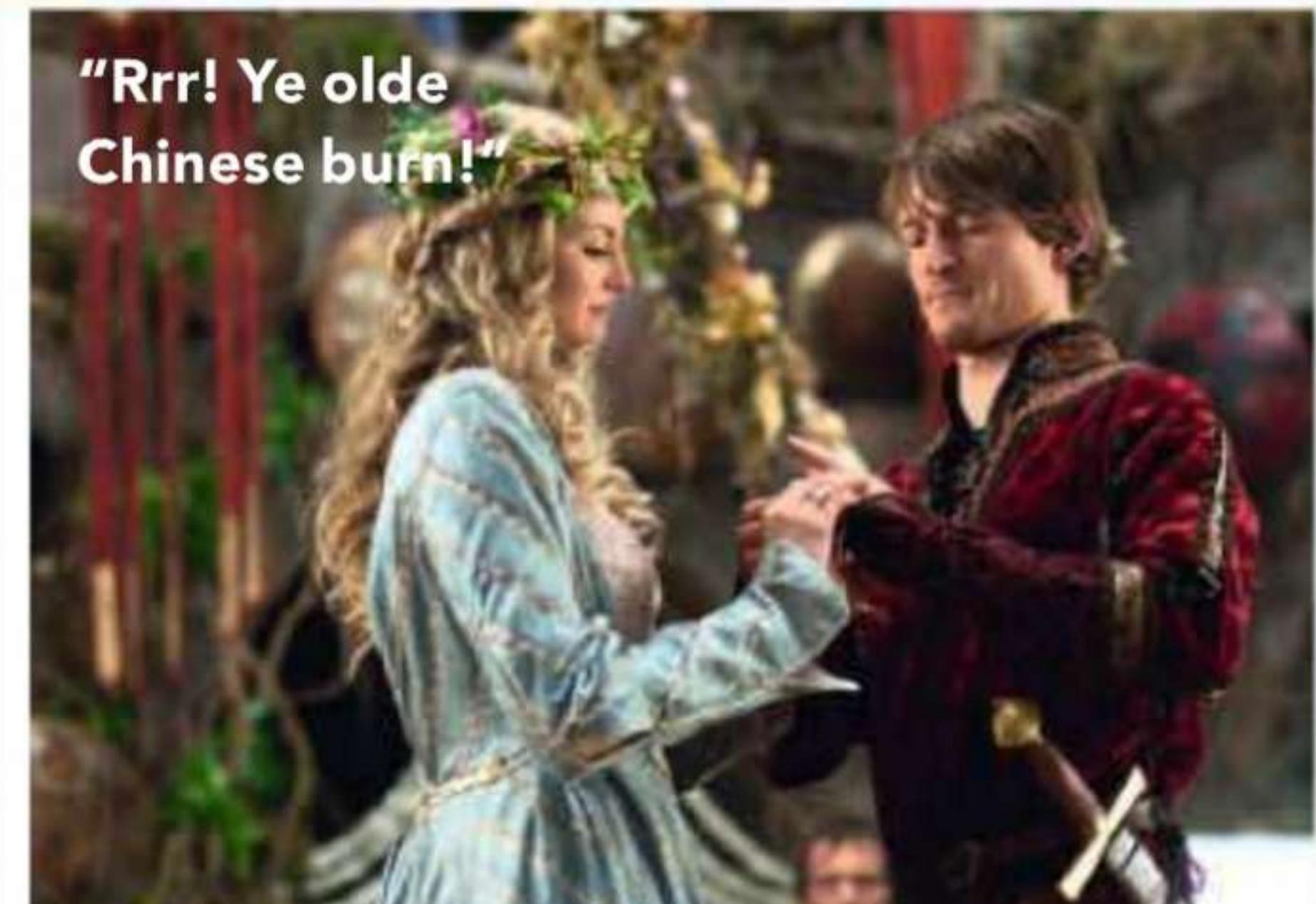
England dust off their big-hitters as the tourists head to Bristol for a one-off Twenty20 dust-up. Expect a home nation victory and sixes galore! ★★★★



Glastonbury 2011

MUSIC BBC2 & BBC3, 7pm Jo Whiley,

Zane Lowe and Mark Radcliffe host a weekend of unwashed festival fans. Tomorrow night's highlights? The Streets and Queens Of The Stone Age. ★★★★



Camelot

Channel 4, 9pm

DRAMA

Arthur is peeved a week after the wedding. To be fair, we don't really care about Arthur, we're only watching this for the many topless scenes Eva Green partakes in! ★★★

**BBC
one**

6.00am **SPORT** Yesterday at Wimbledon **7.00** Breakfast **10.00** Saturday Kitchen Live **11.35** Rachel Allen: Home Cooking (R) **12.00noon** BBC News, Regional News, Weather **12.10pm** **LIVE** Formula 1: The European Grand Prix Qualifying: *From the Valencia Street Circuit*. Start-time 1pm. **2.20pm** **LIVE** Wimbledon 2011: Racket-waving. **5.30pm** BBC News, Regional News, Weather **5.50pm** **FILM** Shark Tale: Animated comedy adventure.

**BBC
TWO**

6.00am CBeebies **7.00** CBBC **12.00noon** **LIVE** Wimbledon 2011: *The sixth day play at the All England Club. We don't really care, unless Andy Murray's doing the business.* **4pm** Glastonbury 2011: *Highlights from the second day of the mud-fest.* **5.30pm** **LIVE** Wimbledon 2011: *Even more from SW19.*

itv 1

5.30am ITV News **6.00** CITV **8.25** House Gift (R) **9.25** Coronation Street **11.45pm** This Morning: Saturday **12.45pm** The Planet's Funniest Animals (R) **1.15pm** The Planet's Funniest Animals (R) **1.45pm** ITV News, Weather **1.50pm** **FILM** Holiday on the Buses: *Comedy with Reg Varney.* **3.30pm** **FILM** Never Say Never Again: *James Bond action adventure.* **5.55pm** Regional News, Weather **6.05pm** ITV News **6.20pm** You've Been Framed! (R)

4

7.00am **SPORT** FIM Superbike World Championship (R) **7.25pm** **SPORT** Formula 3 **7.55pm** **SPORT** The Morning Line **8.50pm** T4: Friends (R) **9.20pm** Hollyoaks Music Show **9.55pm** 4Play: Alexis Jordan **10.10pm** Friends (R) **10.40pm** Jessie J Live in London (R) **11.15pm** Friends (R) **11.50pm** Style the Nation **12.50pm** The Big Bang Theory (R) **1.55pm** **LIVE** Racing **3.55pm** Come Dine with Me Extra Portions (R) **6.00pm** News **6.30pm** 4thought.tv **6.35pm** **FILM** The Parent Trap

5

6.00am Milkshake! **10.00pm** Animal Rescue Squad (R) **10.20pm** How Do They Do It? (R) **10.50pm** Extreme Fishing with Robson Green - At the Ends of the Earth (R) **11.50pm** Eddie Stobart: Trucks and Trailers (R) **12.50pm** **FILM** 7th Cavalry: Western starring Randolph Scott. **2.20pm** **FILM** Jet Pilot: Cold War drama starring John Wayne. **4.35pm** **FILM** Operation Crossbow: *World War Two action drama starring George Peppard.* **6.55pm** 5 News Weekend

sky 1

7pm Kylie Live in 2011 Aphrodite Les Folies The pocket-sized pop star's stage show in London. (R)(HD) **9.00pm** Terminator 2: Judgment Day **FILM** Ace sci-fi action thriller sequel starring Arnold Schwarzenegger. (HD)

7.10pm Total Wipeout Splashtastic Adventure game show hosted by Richard Hammond. (R)

8.10pm The National Lottery: In It to Win It **NEW** Quiz show including the all-important numbers. Come on!

9.00pm Casualty The neverending tales of woe continue. Next!

9.50pm Lee Mack's All Star Cast

This is much more like it. The comic introduces celebrity guests, stand-up and music. Sounds good to us!

10.30pm News, Weather

10.50pm Michael McIntyre's Comedy Roadshow Carragher-esque comic John Bishop appears on the show. (R)

11.35pm Unlawful Entry **FILM** A robbery victim befriends a lonely policeman, unaware the cop is obsessed with his wife. Oh dear.

8.00pm Today at Wimbledon **SPORT** Fluffy-ball whacking action from Wimbledon. Expect Murray mania to be getting into full swing round about now. Unless the moody Scot's blown his chances already.

9.00pm Have I Got a Bit More News for You Actor Benedict Cumberbatch hosts an extended edition of the quiz. (R)

9.45-2am **Glastonbury 2011**

MUST-SEE OK, so you didn't get hold of a ticket, but while the revellers are getting a drenching (probably, anyway) at least you can check out some top bands from the comfort of your home. Get the beers in and treat your ears to the likes of Coldplay, Elbow, Jessie J, Rumer, Tinie Tempah, the Chemical Brothers, Big Boi, Janelle Monae, Aloe Blacc, Glasvegas, Battles and Paolo Nutini, until the wee small hours. Huzzah!

7.15pm Odd One In This Morning presenters Ruth Langsford and Eamonn Holmes take part. This news isn't persuading us to tune in, for some reason.

8.00pm Penn & Teller: Fool Us

Four more acts try to outwit the illusionists. And fail.

9.00pm The Marriage Ref

A celebrity panel discusses humorous domestic disputes. You might end up having one yourself if you can't get the remote off your missus at this point now. Here's a tip, too - make sure you don't stray back on ITV1 at about 10.15pm

10.00pm ITV News, Weather

10.15pm Bridget Jones's Diary

FILM Well, don't say we didn't warn you. If your girlfriend does insist on watching this, we suggest a trip to the pub becomes your top priority.

12.05am The Choir That Rocks

The teenage section prepares for a performance. Give us strength. (R)

9.00pm Camelot

MUST-SEE Arthur's distraction leads him to neglect his duties, leaving Gawain unclear about the training required for battle. Fail to prepare and all that, Arthur...

10.05pm Brassed Off

FILM A colliery band prepares for a competition, but the musicians are more concerned with the threatened closure of their pit. Ageing comedy drama with Pete Postlethwaite and Ewan McGregor.

12.15am Napoleon Dynamite

FILM Teen comedy starring Jon Heder as a nerdy teenager growing up in a small Idaho town.

7.00pm Cricket

SPORT Highlights of the earlier one-off Twenty20 slog-fest between England and Sri Lanka at the County Ground in Bristol. Excellent!

7.55pm NCIS

A model is killed while filming a reality TV show at a Marine base. (R)

8.55pm CSI: NY

A compass holds the key to solving the murder of a nightwatchman. (R)

9.50pm Law & Order: Special Victims Unit

A teacher claims that she was raped by a 15-year-old student.

10.50pm CSI: Crime Scene Investigation

The detectives search for Stokes. (R)

11.50pm Inside Hollywood

Gossipy magazine show.

12.00am SCXTRA

12.30am SuperCasino

11.40pm Brit Cops: Zero Tolerance

Following put-upon police officers out crim-catching in West London. (R)

12.40am The Top Ten Show

Box-office hits. (R)

12.50pm Martina Cole's The Runaway

Eamonn is forced to leave the country. (R)(HD)

SATURDAY'S SPORT

12noon Wimbledon 2011, BBC2. **12.10pm** Formula 1: The European Grand Prix Qualifying, BBC1. **2pm** **MUST-SEE** England vs Sri Lanka, Sky Sports 1. **7pm** UEFA Under-21s European Championship, Sky Sports 1.

SUNDAY'S SPORT

12noon Golf, Sky Sports 2. **12.10pm** **MUST-SEE** Formula 1: The European Grand Prix, BBC1. **3pm** Somerset vs Glamorgan, Sky Sports 1. **7pm** Chicago Fire vs New York Red Bulls, ESPN. **8pm** Golf, Sky Sports 2. **2am** UFC, ESPN.

SUNDAY 26 JUNE



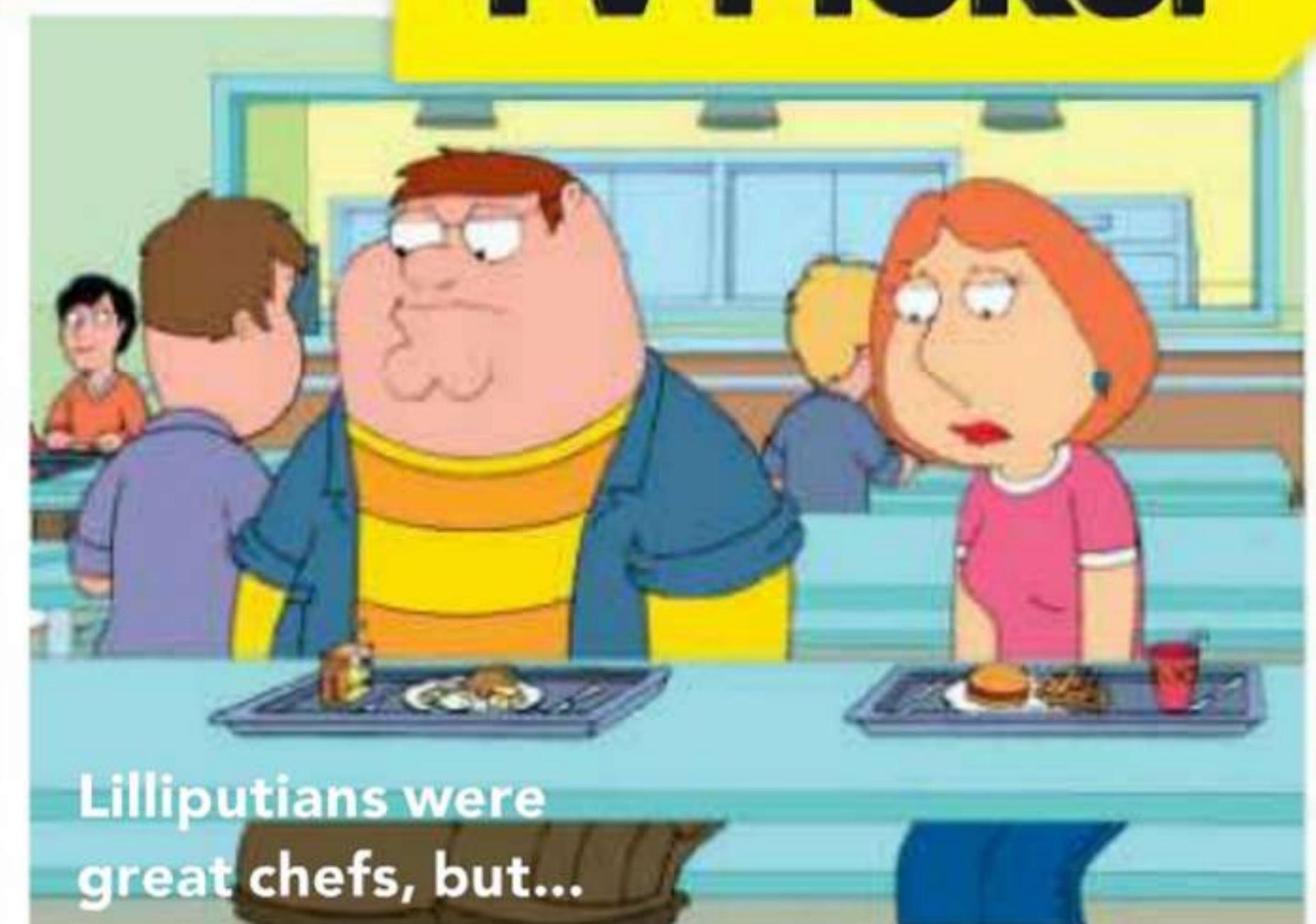
F1: European Grand Prix BBC1, 12.10pm

SPORT Two weeks ago, Jenson Button won a real thriller on the last lap. More of the same in Valencia, please! ★★★★



Top Gear BBC2, 8pm

CARS It's back! Revving up for the new series, Jeremy Clarkson celebrates the Jaguar E-Type's 50th birthday, while the Hamster's in South Africa to road-test a rugged alternative to the Hummer. ★★★★



Family Guy BBC3, 10pm

COMEDY Sandwiched between loads of Glasto footage, a cracking double dose of Family Guy. Peter and Lois swap roles with their kids and Brian asks Quagmire for lady advice. Giggity! ★★★★

6AM

BBC one

6am **SPORT** Yesterday at Wimbledon (R) 7.00 Breakfast 9.00 The Andrew Marr Show 10.00 **NEW** Sunday Morning Live 11.00 The Politics Show 12.10pm **MUST-SEE** Formula 1: The European Grand Prix: Round eight from the Valencia Street Circuit. Start-time 1pm. 3.30 EastEnders 5.00 Songs of Praise 5.35 My Family (R) 6.05 Horrible Histories with Stephen Fry (R) 6.35 BBC News, Regional News, Weather

7PM

BBC TWO

6am CBeebies 7.00 CBBC 10.00 Something for the Weekend 11.30 **FILM** Born Yesterday: Old comedy drama. 1.10pm **FILM** When Time Ran Out: Disaster movie. 3.00 EastEnders 3.30 **SPORT** MotoGP: The Dutch Grand Prix. (R) 5.00 Flog It! 5.30 Glastonbury 2011

itv 1

5.30am ITV News 6.00 CITV 8.25 May the Best House Win (R) 9.25 Dickinson's Real Deal (R) 10.25 60 Minute Makeover (R) 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.25 ITV News, Weather 1.35 Survival: Tales from the Wild 2.30 Inspector Morse (R) 4.30 Midsomer Murders: Rubbish rural crime drama. (R) 6.30 Regional News, Weather 6.45 ITV News

4

6.10am The Hoobs (R) 7.00 **SPORT** The Grid 7.30 **SPORT** That Paralympic Show (R) 7.55 T4: Wretch 32's RockCorps: You Decide (R) 8.20 Style the Nation 8.50 Friends (R) 9.20 Hollyoaks 11.50 Friends (R) 12.20pm Scouting for Girls' RockCorps: You Decide 12.40 The Simpsons (R) 1.45 Four in a Bed (R) 4.20 Help! My House Is Falling Down (R) 5.25 Deal or No Deal 6.25 News 6.55 4thought.tv

5

5.00am Milkshake! 10.00 Inside Hollywood 10.10 The Restaurant Inspector (R) 11.10 Police Interceptors (R) 12.10pm Extreme Fishing with Robson Green - At the Ends of the Earth (R) 1.10 **FILM** Life with Mikey: Comedy. 2.55 **FILM** Police Academy 4: Citizens on Patrol: Comedy sequel. 4.35 **FILM** Dumb and Dumber: Comedy starring Jim Carrey. 6.45 5 News Weekend 6.50 **FILM** Where Eagles Dare: World War Two adventure.

sky 1

7pm **The Simpsons** Homer's asked to help the Rolling Stones out. (R) 7.30 **The Simpsons** Lisa's moved up a grade at school. Swot. (R) 8.00 **The Simpsons** Hollywood star Sara Sloane becomes infatuated with Ned Flanders. (R)

8.30 **Futurama** Bender gets down to the serious business of home brewing. Good on him! (R)

9.00 **Hawaii Five-0** A photographer is found burned to death. (HD)

10.00 **Cop Squad** The work of Cambridgeshire police officers. (R)(HD)

11.00 **Mad Dogs** The friends want their Majorcan nightmare to end. (R)(HD)

12.00m't **Lie to Me** Lightman helps a dying restaurateur track down his daughter's killer. (R)(HD)

1AM

10.25 **Hidden Paintings** Uncovering neglected artworks from across England. Like ones found in rubbish dumps?

10.55 **Moving On** Drama about a reformed robber. (R)

11.40 **The Quiet American** **FILM** Political yawnfest starring Michael Caine and Brendan Fraser. In early-'50s Vietnam, an American aid worker comes between a cynical Brit journalist and his mistress.

9.00 **Coast**

What have fishing, forts and snorkelling got in common? They're all in this tonight. Best give it a miss.

10.00 **Glastonbury 2011** Performances from the final day of this year's festival. Beyoncé shakes her thing as she headlines the prestigious Pyramid stage.

10.00 **Popstar to Operastar: The Results**

The bit where drag the results out for age when all they need to say is "You're rubbish!". Job done, surely?

10.30 **ITV News, Weather**

10.45 **Wimbledon** **FILM** Romantic sporting comedy starring Paul Bettany and Kirsten Dunst. It's not very good though.

12.30am **The Zone**

11.25 **Steve Coogan: The Man Who Thinks He's It**

Footage of the comedian's 1998 set, featuring characters including Alan Partridge, Paul and Pauline Calf, Tony Ferrino and Duncan Thicket. With Simon Pegg and Julia Davis.

12.30am **Stand Up for the Week**

Host Kevin Bridges is joined by guest comedian Seann Walsh and the regular stand-ups. (R)

11.50 **UFC 60: Main Event**

SPORT A chance to see the 2006 catchweight bout between Matt Hughes and Royce Gracie in Los Angeles.

12.45am **Super Casino**

Nuts MOBILE
Get sexy Lucy pics on your mobile!



1.15am **Sign Zone: The Apprentice** (R) 2.15 **Holby City** (R) 3.15 **Britain's Secret Seas** (R) 4.15-6am **BBC News**

2am **BBC News 4.15-5.00am**
SPORT The Super League Show: Action from the latest fixtures.

2.00 **SPORT** British Superbike Championship Highlights 2.55 **SPORT** Motorsport UK 3.45-5.30am **ITV Nightscreen**

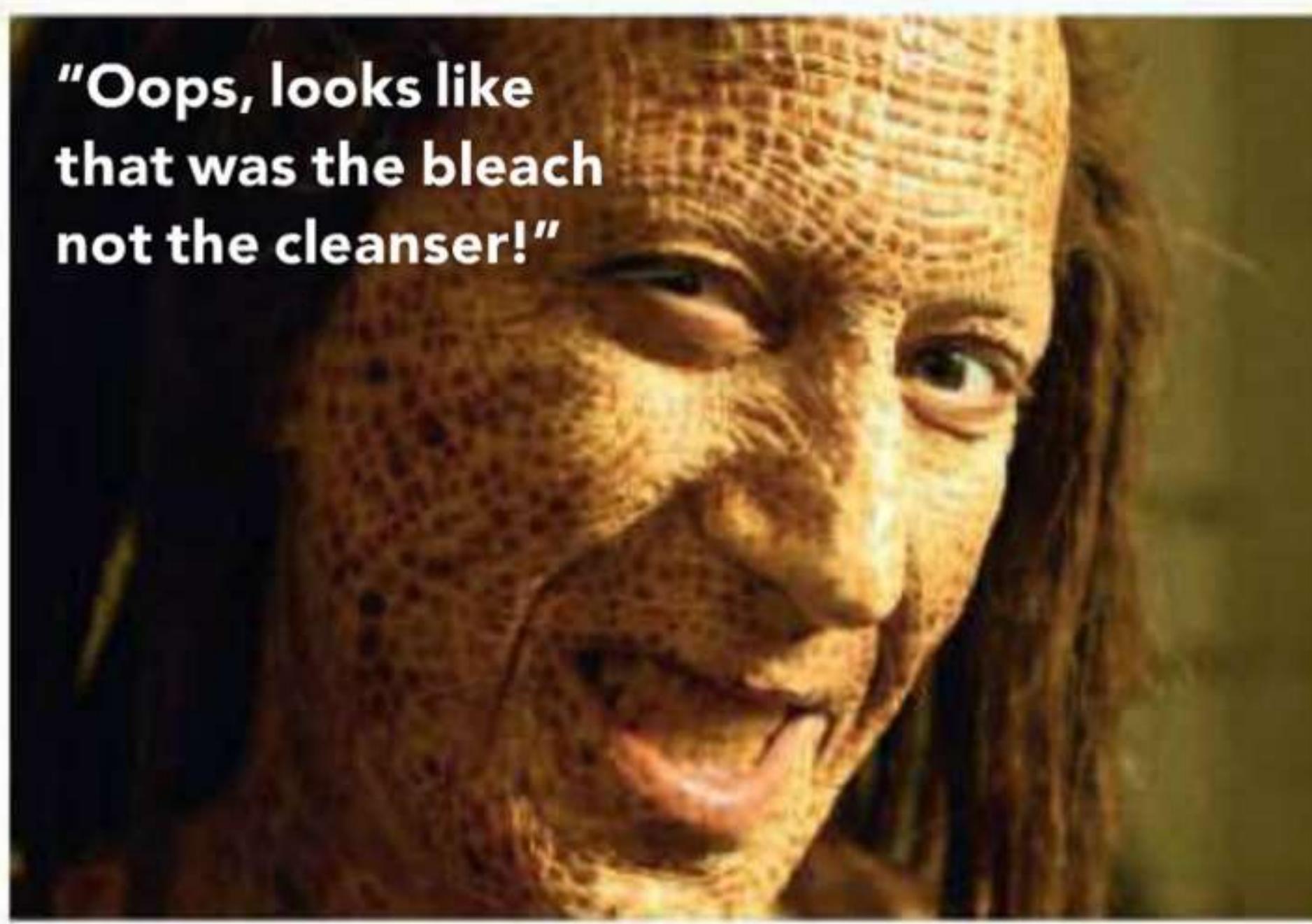
1.15 **Chariot Race** (R) 2.55 **Ancient Egyptians** (R) 3.50 **Men of Iron** (R) 4.45 **Wogan's Perfect Recall** (R) 5.15-6.00am **Countdown** (R)

4.00 **Meals in Moments** (R)
4.10 **Great Artists** (R) 4.35-5.00am **Nick's Quest** (R)

TODAY'S MUST-SEE TV PICKS!



Salt **Sky Movies** Premiere/HD, 8pm
FILM Angelina Jolie is CIA Agent Evelyn Salt, accused by a Russian defector of being a Soviet sleeper agent. Great stunts, non-stop action and Jolie, of course, looking fine! ★★★★



Carnivàle **Sky Atlantic/HD, 9pm**
DRAMA If you fancy immersing your brain in a whole heap of weirdness, try this HBO drama based around a travelling carnival of freaks. Definitely weird, definitely good. ★★★



Sirens **Channel 4, 10pm**
COMEDY Stuart, Ashley and Rachid are three paramedics on the streets of Leeds, cleaning up after car crashes, drunks and late-night party-goers in this new comedy. ★★★

BBC ONE

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues (R) 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon 2011: The fourth-round. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC TWO

6.00am CBeebies 6.55 CBBC 8.25 CBeebies 11.30 Daily Politics 12.00noon **LIVE** Wimbledon 2011: More grunting fun. 3.25pm CBBC 5.50 **LIVE** Wimbledon 2011: The fourth-round singles matches.

ITV 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

CHANNEL 4

6.00am The Treacle People 6.10 The Hoobs 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier 8.55 Friends 9.25 Back to You 9.55 Location, Location, Location 10.55 A Place in the Sun 12.05pm Superscrimmers 12.35 My Eden 12.40 **FILM** 23 Paces to Baker Street 2.35 Baking Mad with Eric Lanlard 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons 6.30 Hollyoaks

SKY 1

6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.15 **FILM** Tidal Wave: No Escape: Action adventure starring Corbin Bernsen. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 **The One Show**
 Topical stories.

7.30 **Fake Britain**
 Dodgy quid coins.

8.00 **EastEnders**
 More Square-based squabbles.

8.30 **Surgery's Dirty Secrets - Panorama**
 Ropey surgical instruments.

9.00 **Silent Witness**
 Nikki's life is put in danger. (R)

10.00 **News, Weather**

10.35 **A Question of Sport**

With snooker player Shaun Murphy, swimmer Fran Hansall, former Scotland rugby union star Andy Nicol and, er, actor Neil Morrissey?

11.05 **In with the Flynns**
 Liam and Caroline agree he should get a vasectomy. (R)

11.35 **The Graham Norton Show**
 With the Saturdays. (R)

12.25am **Sign Zone: Business Nightmares with Evan Davis**
 How product design and manufacture can go wrong. (R)

1.25 Luther (R) 2.25 Animal 24:7 (R)
 3.10-6.00am BBC News

8.00 **Today at Wimbledon**
SPORT Highlights of day seven of the posh tournament at the All England Club, with the men's and ladies' fourth-round singles matches.

9.00 **Made In Britain**
 Evan Davis visits China.

10.00 **James May's Things You Need to Know**

The secrets of the universe. That's a lot to cover in half-an-hour, James!

10.30 **Newsnight**

11.20 **Mock the Week**
 Topical mockery with Chris Addison, Stewart Francis and Ava Vidal. (R)

11.50 **Women's World Cup Highlights**
SPORT Action from the opening Group B match between Mexico and England in Wolfsburg, Germany.

12.30am **The Kennedys**
 The president launches the Bay of Pigs invasion. (R)

7.00 **Emmerdale**
 Gennie tells Chas that she loves Nikhil. Fine, but we want to know where Dave figures in all of this.

7.30 **Coronation Street**
 A brawl breaks out in the Rovers. Was the hotpot rubbish again?

8.00 **The Unforgettable Kenny Everett**

Profile of the radio DJ and entertainer, who died in 1995. (R)

8.30 **Coronation Street**

9.00 **Babies Behind Bars**
 The stories of pregnant inmates at Indiana Women's Prison.

10.00 **ITV News, Weather**

10.35 **First Blood**
FILM Classic action thriller starring Sylvester Stallone and Brian Dennehy. Amazingly violent!

12.20am **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **The Real Price of Gold: Dispatches**

About a tenner?

9.00 **Embarrassing Fat Bodies**

Dr Pixie also offers advice to a man with large breasts. Don't watch this if you're eating. Actually, scrap that - just don't watch this.

10.00 **Sirens**

MUST-SEE Comedy drama about a trio of world-weary paramedics.

11.05 **Trading Places**

FILM Two billionaire brothers arrange for a stockbroker and a homeless conman to swap places to see how each copes out of their element. Classic '80s comedy, starring Eddie Murphy and Dan Aykroyd.

7.00 **5 News at 7**

7.30 **How Do They Do It?**
 Providing electricity to homes. (R)

8.00 **Police Interceptors**

An armed drink-driver is pursued through a graveyard. You don't see that happening every day.

9.00 **The Restaurant Inspector**

Fernando Peire helps a restaurant in Somerset with a lack of customers.

10.00 **Freedomland**

FILM The case of a missing child stirs up racial tension and class conflict in an inner-city community. Drama with Samuel L Jackson and Julianne Moore. It's not that good though.

12.20am **Crimes That Shook the World**

The unsolved case of the Monster of Florence, who committed murders in the Italian city, but who has never been officially identified. (R)

SKY 1

7pm **The Simpsons**
 Homer falls out with Marge over an old letter. (R)

7.30 **The Simpsons**
 The family spend Christmas on a ranch. (R)

8.00 **The Simpsons**
 Tensions at Springfield Elementary spill over during a dodgeball game. (R)(HD)

8.30 **The Simpsons**
 A new neighbour moves in next door to the family. (R)(HD)

9.00 **Cop Squad**
 Crim-catching in Cambridgeshire. Cripes! (HD)

10.00 **Spartacus: Blood and Sand**
 Plans are made for Licinia's visit to the ludus. (R)(HD)

11.05 **Wall of Fame**
 Topical panel show. (R)

11.35 **Caprica**
 Daniel and Amanda head into V-World to lure out Zoe. (HD)

12.35am **Caprica**
 Last episode. Oh, well. (HD)

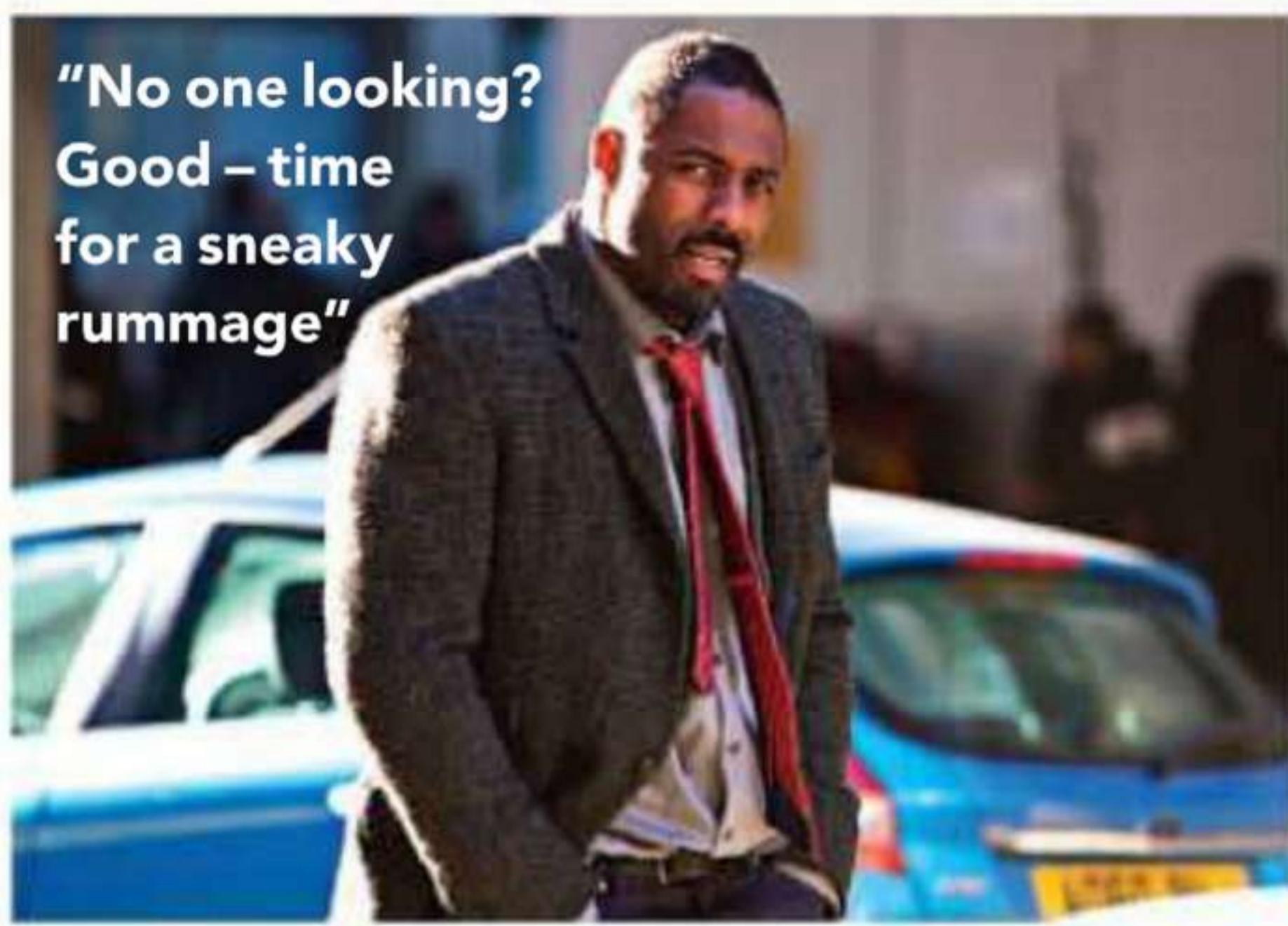
MONDAY'S SPORT

12noon Wimbledon 2011, BBC2.
 1.45pm Wimbledon 2011, BBC1.
 5.50pm Wimbledon 2011, BBC2.
 7pm Hampshire Royals vs Sussex Sharks, Sky Sports 1. 7.30pm Speedway, Sky Sports 2. 12m't Major League Baseball, ESPN.

TUESDAY'S SPORT

12pm Wimbledon 2011, BBC2.
 12.30pm England vs Sri Lanka, Sky Sports 1. 1.45pm Wimbledon 2011, BBC1. 2.55pm West Indies vs India, Sky Sports 2. 5.50pm Wimbledon 2011, BBC2. 12am Major League Baseball, ESPN.

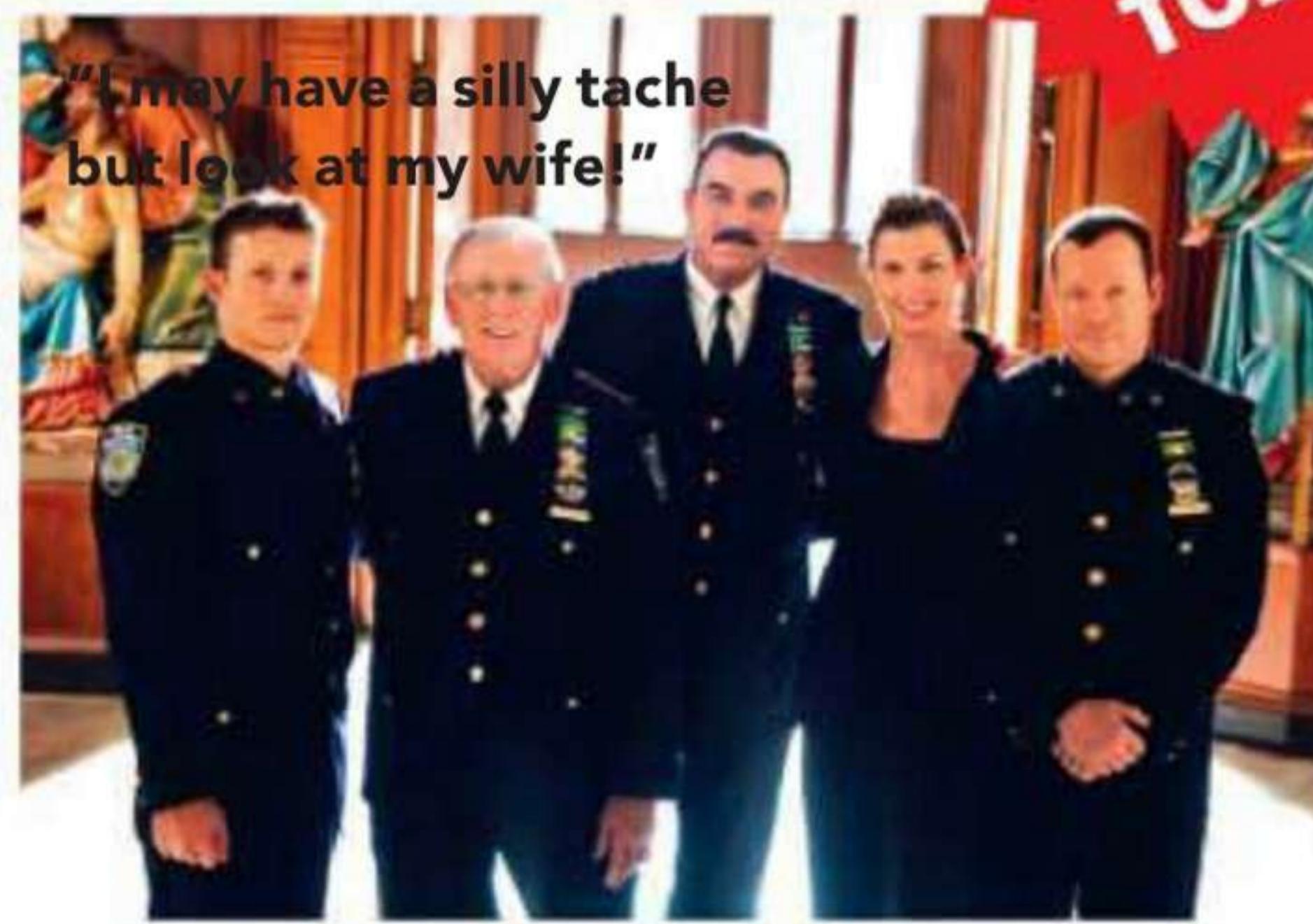
TUESDAY 28 JUNE



Luther BBC1, 9pm

DRAMA

Luther (Idris Elba) tries to save Jenny from porn barons but is called back to work due to an incredible incident at a petrol station. And we don't mean "good" incredible. ★★★★



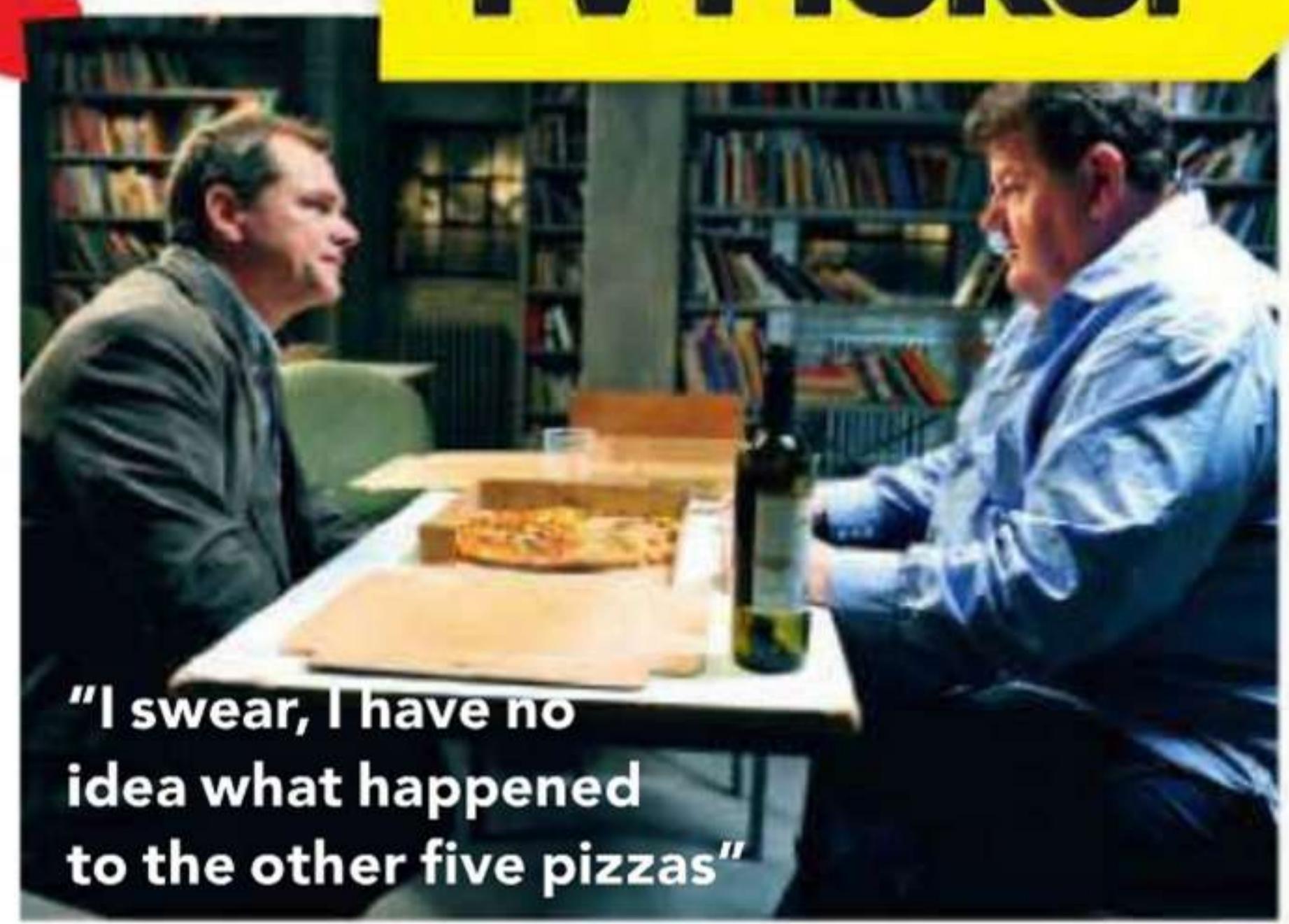
Blue Bloods

DRAMA

Sky Atlantic HD, 10pm The first series closer of the NYPD drama, with the Reagan family deciding their mission to unmask dirty cops doesn't need to trouble Internal Affairs... ★★★

NEW ISSUE
ON SALE
TODAY!

TODAY'S MUST-SEE TV PICKS!



"I swear, I have no idea what happened to the other five pizzas"

Lead Balloon BBC2, 10pm

COMEDY

World-weary stand-up Rick is taken hostage by a knife-wielding inmate while hosting a comedy workshop at the local slammer. Could be worse, Rick. Er, then again... ★★★

BBC ONE

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues (R) 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon 2011: *The ladies' singles quarter-finals*. 6.00 BBC News, Weather 6.30 Regional News, Weather

BBC TWO

6.00am CBeebies 6.55 CBBC 8.25 CBeebies 10.00 **SPORT** Spirit of Wimbledon: Grass Routes 10.30 **SPORT** Yesterday at Wimbledon (R) 11.30 Daily Politics 12.00noon **LIVE** Wimbledon 2011: *The ladies' singles quarter-finals*. 3.25pm CBBC 5.50 **LIVE** Wimbledon 2011: *The ladies' singles quarter-finals*.

ITV 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover: *From Edmonton*. (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

CHANNEL 4

6.10am The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Relocation, Relocation (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.05 River Cottage Bites 1.25 **FLM** Destination Gobi 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

CHANNEL 5

6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.15 **FLM** The View From Here: *Drama starring Laura Leighton*. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

SKY 1

7pm **The Simpsons** Homer has his driving licence revoked. D'oh! (R) 7.30 **The Simpsons** Bart vandalises Flanders' Beatles memorabilia. (R) 8.00 **Road Wars** Police officers raid a massive cannabis factory. (R) 9.00 **David Haye vs Ricky Gervais, Justin Bieber and Dizzee Rascal** The boxer gives training to Ricky Gervais, Justin Bieber and Dizzee Rascal.

10.00 Terminator 2: Judgment Day

FLM Excellent sci-fi action thriller starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's saviour. (HD)

12.40am An Idiot Abroad

Karl Pilkington travels to Mexico and, incredibly, quite enjoys himself. (R)(HD)

7.00 **The One Show** Why not call this show? They'll be interested in any stories you might have, like there's a bird nesting in a tree, or you're knitting a blanket. We're not joking, either.

7.30 **EastEnders** Warning! Don't let suicidal people watch this. It could very well push them over the edge!

8.00 **Holby City** Hospital hokum.

9.00 Luther **MUST-SEE** Luther takes some time off work, but it's rudely interrupted by a seriously violent event. It's so violent, even we were shocked.

10.00 **News, Weather**

10.35 **Imagine**

NEW Alan Yentob meets a neurologist to discuss intense brain stuff. Well, it's made our heads hurt.

11.35 **The Scheme**

Brian's released in time for his brother 21st birthday.

12.30am **Sign Zone: The Country House Revealed (R)**

8.00 **Today at Wimbledon** **SPORT** John Inverdale discusses key moments in the ladies' single. Like the ladies grunting when they thwack the balls? That's key!

9.00 **Three Men Go to Venice** Rory McGrath, Dara O'Briain and Griff Rhys Jones visit Europe's largest nudist colony. Please let them be clothed – the thought of McGrath in the buff makes us sick.

10.00 Lead Balloon **MUST-SEE** Rick's taken hostage by knife-wielding prisoner.

10.30 **Newsnight**

11.20 **Top Gear** This is a repeat of the new episode that went out on Sunday night. (R)

12.20am **The Tudors** Henry's astounded to discover his ally Emperor Charles V of Spain has freed France's King Francis I from prison. Off with his head? (R)

12.55am **The Zone**

7.00 **Emmerdale** Aaron struggles to cope on his first day back at work. Blimey Aaron, you're a sheep! Just eat some grass – it's not that hard!

7.30 **Animal Kingdom** The vet has a run in with a protective elephant mother and her calf.

8.00 **Countrywise** Paul Heiney meets the sisters said to be the world's oldest twins. And there dies one of our fantasies.

9.00 **Baby Hospital** Sick babies are cared for.

10.00 **ITV News, Weather**

10.35 **The Bodyguard** **FILM** Romantic thriller starring Kevin Costner as the bodyguard and Whitney Houston as a famous singer. That's about the gist of it.

12.10am **European Poker Tour**

SPORT Highlights of the event from Berlin featuring the likes of Fabrice Soulier and Ben Wilinofsky.

7.00 News

7.55 4thought.tv

8.00 **Four Rooms** The dealers examine a million-year-old fossil, and a photograph collection from the '60s.

9.00 The Fairy Jobmother

Hayley Taylor helps a group of jobless women in Southend-on-Sea.

10.00 Ramsay's Kitchen Nightmares USA

NEW The crinkly-faced chef returns to America to lose his rag with more struggling restaurateurs. Sort them out, Gordon!

11.05 Alan Carr: Chatty Man

Alan is joined by Bruce Forsyth, Elle Macpherson and Louis Walsh. (R)

12.10am European Poker Tour

SPORT Highlights of the event from Berlin featuring the likes of Fabrice Soulier and Ben Wilinofsky.

7.00 5 News at 7

7.30 **How Do They Do It?** How San Francisco buildings are protected from earthquakes. Bendy metal, right? (R)

8.00 Submarine School

Five submariners train to command nuclear-capable vessels.

9.00 CSI

Awoman is murdered on a school campus. (R)

10.00 CSI

Langston suspects a killer is on the loose, subjecting people to electric chair-style executions. (R)

11.00 CSI

The team investigate the kidnap of a baby. (R)

12.00m't Cricket

SPORT England vs Sri Lanka.

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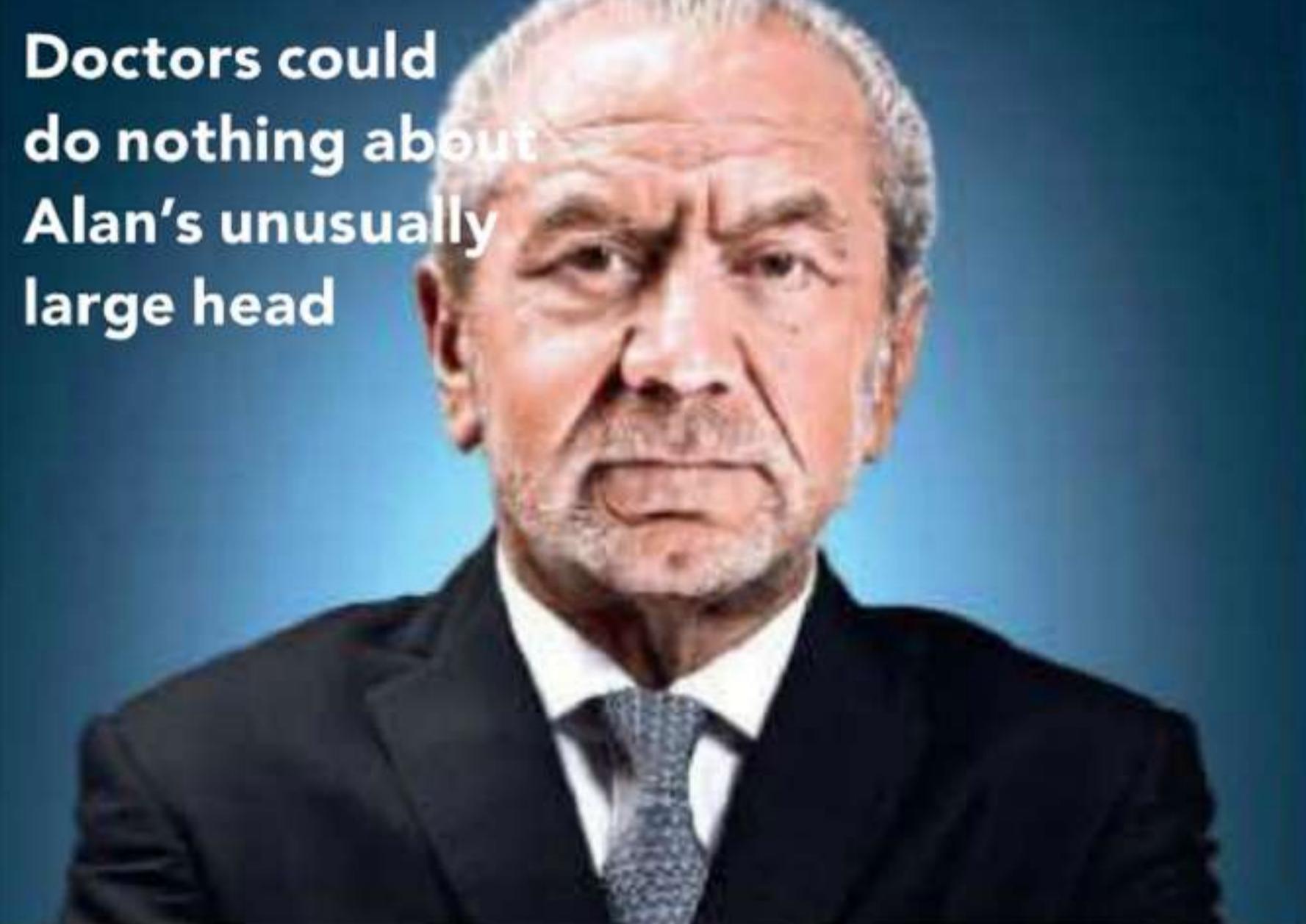
1.30 Britain's Secret Seas: Documentary. (R) 2.30 **Fake Britain (R)** 3.15-6.00am BBC News

1.15-3.15am BBC News

3.00 **Crossing Jordan: Drama.** 3.45-5.30am **ITV Nightscreen**

1.05 **The Grid (R)** 1.30 **Formula 3 International (R)** 2.00 **Boxing Weekly** 2.25 **Catching the Impossible (R)** 3.20 **Triathlon (R)** 4.15-5.10 **Scrapheap Challenge (R)**

1.00 **Super Casino 3.55-4.05 Meals in Moments (R)**



Doctors could do nothing about Alan's unusually large head

The Apprentice BBC1, 9pm

REALITY

The candidates are tasked with making, branding and pitching a new type of biscuit. Cue more back-stabbing and, ahem, half-baked ideas before someone's fired. Crumbs! ★★★★



"Hello luv!
Scrub your back?"

A Nightmare On Elm Street Sky Movies Premiere/HD, 10pm

FILM

Remake of the '80s horror classic, given some edge by Jackie Earle Haley's turn as Freddy Krueger! ★★



"Yeah, thanks for telling me the ketchup bottle-top was loose!"

Gone Baby Gone BBC1, 11.15pm

FILM

Superb drama, directed by Ben Affleck, about a private investigator (Ben's brother, Casey) investigating a young girl's disappearance on the mean streets of Boston. ★★★★

BBC ONE

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues (R) 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt: Rummaging in Derby. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon 2011: The men's singles quarter-finals. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC TWO

6.00am CBeebies 6.55 CBBC 8.25 CBeebies 10.00 **SPORT** Spirit of Wimbledon: Pastures New 10.30 **SPORT** Yesterday at Wimbledon (R) 11.30 Daily Politics 1pm **LIVE** Wimbledon 2011: The men's singles quarter-finals. 3.25 CBBC 5.50 **LIVE** Wimbledon 2011: Racket-waving.

ITV 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning: *Gossipy gubbins*. 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

4

7.00am Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Relocation, Relocation (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News Summary 12.05pm Kirstie's Homemade Home (R) 1.05 River Cottage Bites (R) 1.20 **FILM** Dakota Incident 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

5

6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.15 **FILM** Desperate Escape: Thriller starring Elisabeth Röhm and Michael Shanks. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

sky 1

7pm **The Simpsons** Marge and Lisa discuss strong women. (R)(HD)

7.30 **The Simpsons** Norwegian immigrants look for work in Springfield. (R)(HD)

8.00 **Emergency with Angela Griffin** The presenter meets a child with epilepsy. (HD)

9.00 **David Haye vs Michael McIntyre and Mickey Rourke** The top nose-basher gives training to the posh Brit comic and US actor.

10.00 **An Idiot Abroad** Karl Pilkington visits Egypt. And hates it. (R)(HD)

11.00 **A League of Their Own** With guests David Haye and Neil Morrissey. (R)(HD)

12.00m't **The Chicago Code** A drug dealer's family is put in jeopardy. (R)(HD)

WEDNESDAY'S SPORT

1pm Wimbledon 2011, BBC2. 1.45pm Wimbledon 2011, BBC1. 2.55pm West Indies vs India, Sky Sports 2 5.30pm Leicestershire vs Yorkshire, Sky Sports 1. 5.50pm Wimbledon 2011, BBC2. 12am Major League Baseball, ESPN.

THURSDAY'S SPORT

9.30am Golf, Sky Sports 1. 12.30pm Wimbledon 2011, BBC2. 2.30pm Golf, Sky Sports 1. 2.55pm West Indies vs India, Sky Sports 2. 5.50pm Wimbledon 2011, BBC2. 7pm Hampshire vs Kent, Sky Sports 1.

7.00 **The One Show**

Topical stories.

7.30 **Waterloo Road**

Market-stall misery.

8.30 **In with the Flynns**

Jim finds a fake driving licence belonging to Chloe.

9.00 **The Apprentice**

MUST-SEE The teams make and pitch upmarket new biscuits.

10.00 **News, Weather**

10.35 **The National Lottery Wednesday Night Draws**

Ball-plucking antics.

10.45 **Not Going Out**

Lucy plans to get married. (R)

11.15 **Gone Baby Gone**

MUST-SEE Brilliant crime drama starring Casey Affleck, and directed by big brother, Ben.

8.00 **Today at Wimbledon**

SPORT Highlights of today's men's singles quarter-finals.

9.00 **Afghanistan: The Battle for Helmand**

The sobering story of Britain's five-year war in the region.

10.00 **The Apprentice: You're Fired!**

Comedian Bob Mortimer, Karren Brady and food entrepreneur Perween Warsi stick the boot in on the latest ousted contestant.

10.30 **Newsnight**

11.20 **Three Men Go to Venice**

Rory McGrath, Dara O'Briain and Griff Rhys Jones train for the gondola race. (R)

12.20am **The Tudors**

Henry crosses swords with the Catholic Church. (R)

7.00 **Emmerdale**

Leyla avoids opening her bills. Denial, eh? Always works for us.

7.30 **Poms in Paradise**

The lives of a pro-surfer, a wildlife enthusiast and a distillery boss.

8.00 **Lewis**

A student Shakespeare production ends in murder. Probably a blessing in disguise if the victim was sitting through it at the time. (R)

10.00 **ITV News, Weather**

10.35 **Leah's Dream**

A nine-year-old who suffers from dementia. (R)

11.35 **Baby Hospital**

Parents whose babies are clinging to life in a Liverpool hospital. (R)

12.35am **The Zone**

2.35 **FILM** Matchstick Men: Comedy drama starring Nicolas Cage, Sam Rockwell and Alison Lohman.

4.35-5.30am **ITV Nightscreen**

7.00 **News**

7.55 **4thought.tv**

8.00 **Embarrassing Bodies: Live from the Clinic**

Chat about fat.

9.00 **24 Hours in A&E**

A man with a dangerous swelling in his main artery.

10.05 **Desperate Housewives**

The police suspect Susan and Felicia were poisoning Paul.

11.05 **8 Out of 10 Cats**

Extended version of the brill comedy panel show. Excellent!

11.50 **Music on 4: Live from Abbey Road**

Monobrowed rock from Liam Gallagher's band Beady Eye.

12.40am **The Album Chart Show: Spotlight**

A round-up of the week's releases.

12.55 **4Play: Six-D**

Profile of the pop act.

7.00 **5 News at 7**

7.30 **Pawn Stars**

A signed baseball from 1951 and a rare \$20 bill are valued.

8.00 **Submarine School**

Five submariners train to command nuclear-capable vessels. Ace!

9.00 **NCIS**

Tony's car is blown up. Drat. (R)

10.00 **CSI: Miami**

Horatio and Delko search for Marisol's killer. (R)

11.00 **Law & Order: Criminal Intent**

A prostitute's body is found in the ocean, having seemingly fallen from an aeroplane's wheel well. (R)

11.55 **Poker: Aussie Millions**

SPORT Action from the event at the Crown Casino in Melbourne.

12.55am **SuperCasino**

THURSDAY 30 JUNE

WorldMags

TODAY'S MUST-SEE TV PICKS!



The Chicago Code

DRAMA **Sky1/HD, 9pm** There's a heatwave in Chicago and heat makes people do funny things in the Windy City, so Colvin herself joins the troops out on the street. ★★★



The Big Bang Theory

COMEDY **E4, 9pm** The second half of this new series is back and we've missed those sorry science geeks. The motley crew head off to a science convention, but Bernadette bumps into an ex... ★★★★



Shameless USA

DRAMA **More4, 10pm** We Brits get suspicious of US versions of our own telly but this has hit the mark. Tonight, Frank (William H Macy) goes missing and wakes up in Toronto. Ace! ★★★★

**BBC
one**

6AM
6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues (R) 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 **LIVE** Wimbledon 2011: *The ladies' singles semi-finals*. Let's hope they're hotties. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

**BBC
TWO**

6.00am CBeebies 6.55 CBBC 8.25 CBeebies 10.00 **SPORT** Spirit of Wimbledon: Grass Rivals 10.30 **SPORT** Yesterday at Wimbledon (R) 11.30 Daily Politics 12.00noon Lifeline (R) 12.10pm Coast (R) 12.30 **LIVE** Wimbledon 2011 3.25 CBBC 5.50 **LIVE** Wimbledon 2011: *The ladies' singles semi-finals*.

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers: *A Dutch oil painting*. 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

4

7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Relocation, Relocation (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Mary Portas: Secret Shopper (R) 1.05 Superscrimmers: Waste Not Want Not (R) 1.30 **FILM** Murder at the Gallop 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

5

6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.10 **FILM** Cook And Peary: The Race To The Pole: *Historical drama starring Rod Steiger and Richard Chamberlain*. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

sky 1

7pm **The Simpsons** Ned buys the Simpsons' home when they are unable to pay their mortgage. (R)(HD) 7.30 **The Simpsons** Lisa disguises herself as a nun to infiltrate a convent. (R)(HD) 8.00 **Hawaii Five-0** A world-renowned photographer is found burned to death. (R)(HD)

7PM
7.00 **The One Show**
Topical stories.

7.30 **EastEnders**
Janine is threatened with eviction. Things are looking up for her then!

8.00 **Planet of the Apemen: Battle for Earth**
Homo sapiens' encounter with Homo neanderthalensis.

9.00 **Traffic Cops**
Bedfordshire police target motorists using mobile phones and not wearing seatbelts. The scallywags.

10.00 **News, Weather**

10.35 **Question Time**

11.35 **This Week**
Political dullness.

12.25am **Sign Zone: Surgery's Dirty Secrets - Panorama**

Investigation into the quality of surgical instruments in the UK. (R)

12.55 **Countryfile**
More welly-wearing and outdoor traipsing around. (R)

8.00 **Today at Wimbledon**
SPORT More highlights of the ladies' singles semi-final matches.

9.00 **History Cold Case**
More old bones are looked at.

10.00 **Mock the Week**
Dara O'Briain hosts, and guests include Alun Cochrane, Micky Flanagan and Milton Jones.

10.30 **Newsnight**

11.20 **Afghanistan: The Battle for Helmand**

An account of Britain's five-year war in the region, including testimonies from the front line and the tactical insights of senior officers. (R)

12.20am **The Tudors**

Henry has doubts about his future and his ability to rule as England's population suffers from a lack of food and a lethal plague. Other than that, everything's hunky-dory. (R)

7.00 **Emmerdale**
Victoria agrees to let Amy seduce Alex to test his resolve. A cunning, evil plan, might we say?

7.30 **Helen Newlove Investigates: Tonight**
All about anti-social behaviour.

8.00 **Emmerdale**
Amy is stunned when Alex realises he is being set up. Go on Alex! In your face, Amy.

8.30 **Coronation Street**
Peter is shocked by a confession from Stella. She's really a man?

9.00 **The Choir That Rocks**

The members prepare for their performance at Wembley Arena. Prepare to change channels then.

10.00 **ITV News, Weather**

10.35 **Piers Meets Elton: A Life Stories Special**
An interview with Elton John. (R)

11.50 **Odd One In**

Ruth Langsford and Eamonn Holmes take part. (R)

12.35am **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **Help! My House Is Falling Down**
Houses that need help.

9.00 **Polar Bear: Inside Nature's Giants Special**

All about the cuddly looking but lethal things.

10.20 **The Sex Researchers**

Weird show about peculiar sex myths. Like, if the shape of a bloke's penis is proof that blokes have evolved to be unfaithful. Rubbish.

11.20 **King Of**

Jessie Wallace and Stephen Mangan join Claudia Winkleman on the comedy talk show. We use the word comedy loosely.

12.10am **The Film Show**

Edith Bowman reviews *Transformers: Dark Of The Moon*.

12.40 **Style the Nation**

People dress each other up. (R)

7.00 **5 News at 7**

7.30 **How Do They Do It?**
The process of turning waste paper into glossy magazines. (R)

8.00 **Eddie Stobart: Trucks and Trailers**

Edward Stobart Jr gets behind the wheel of a truck for the first time.

9.00 **Walking the Amazon**

Former soldier Ed and his Peruvian pal Cho battle bugs, dehydration and mental fatigue. Well, whoever said it was going to be easy?

10.00 **The Contract**

FILM Backwoods thriller starring Morgan Freeman and John Cusack. A hitman runs into trouble while in the middle of a contract and is captured by two campers in the wilderness.

11.55 **Inside Hollywood**

12.10am **SCXTRA**

12.35 **Super Casino**

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1AM

1.55 **Britain's Next Big Thing: With Theo Paphitis**. (R) 2.55 **Fake Britain** (R) 3.40-6.00am **BBC News**

1.15-3.40am **BBC News**

2.40 **Helen Newlove Investigates: Tonight: Documentary**. (R) 3.00 **ITV Nightscreen** 4.30-5.30am **The Jeremy Kyle Show** (R)

1.25 **Music on 4: 4Play**: Liam Bailey (R) 1.40 **FILM** Sophie Scholl: *German drama*. 3.40 **The Real Price of Gold: Dispatches** (R) 4.30 **Hill Street Blues** 5.20-6.05am **Countdown** (R)

3.55 **Meals in Moments** (R) 4.05-4.55 **Michaela's Wild Challenge** (R)

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London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text- JILL 68889



Derbyshire or anywhere UK. Very mature woman. Photos. Text IVY to 68889

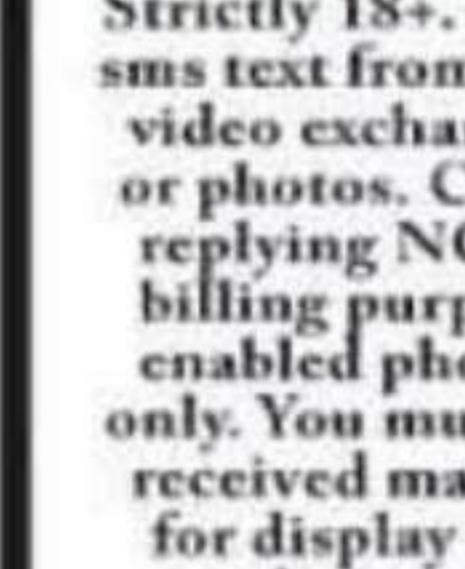
Especially looking for younger guy



Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889



Especially looking for younger guy



Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more..Text MARI to 68889



Especially looking for younger guy

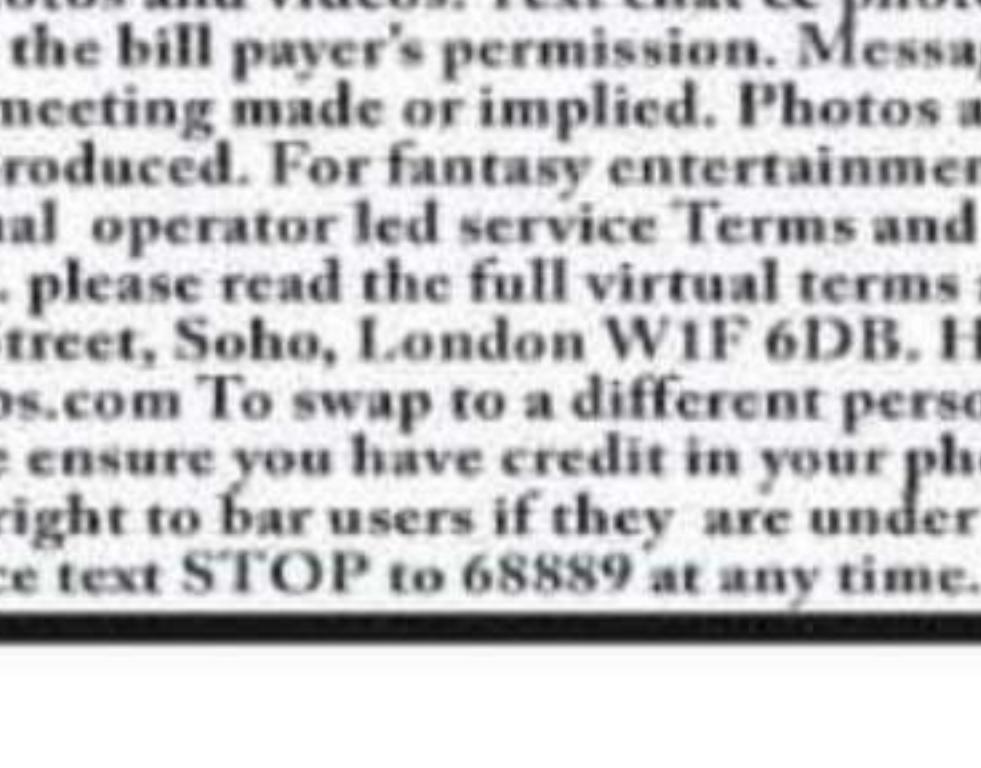


Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889



Especially looking for younger guy

Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889



Especially looking for younger guy

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (Maximum 4 billed messages per reply, including photo/video exchange). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual operator led service Terms and conditions @ www.britishhookups.com, please read the full virtual terms and conditions B Media 331, 77 Bea Street, Soho, London W1F 6DB. Help? 08458388647 or admin@britishhookups.com To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ service only. To stop the service text STOP to 68889 at any time.

Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889

MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

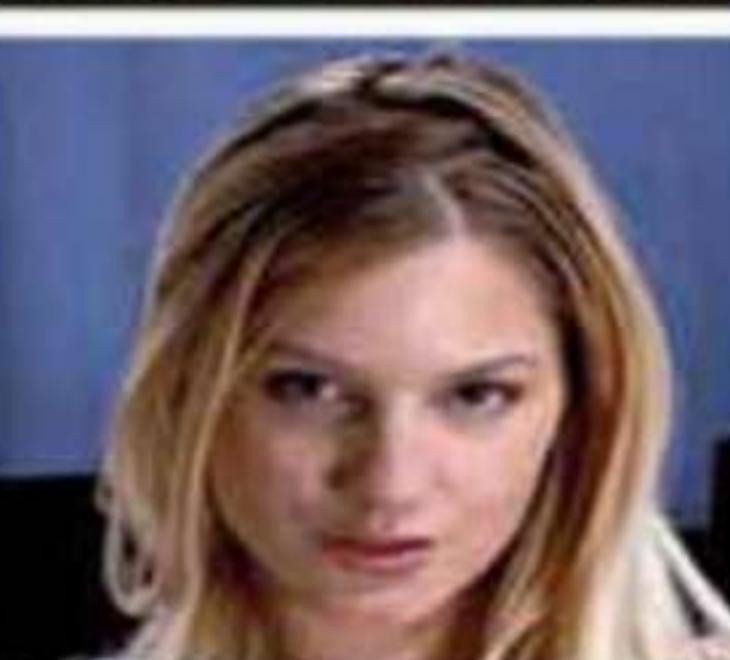
Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Tash, Glasgow (18) Nat, Midlands (19)



Get my hot pix. Text TASH to 68889



Get my hot pix and HOT videos. xxx Text NAT to 68889

Jule, UK (40)



Tara, UK (47)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos.

Text JULE to 68889

Get my hot pix. Text TARA to 68889

Text BEVERLY to 68889

Naughty, Southwest Saucy older woman wants younger guy. Get my HOT pics and VIDEOS. Text NAUGHTY to 68889

Hot fun girl looking for fun. Get my HOT pixs & HOT videos. Text NAUGHTY to 68889

Text BEVERLY to 68889

Text NAUGHTY to 68889

ALL CONTACTS HAVE PHOTOS WAITING - JUST ASK!



Midlands. 18 years old. Text: MINX to 68889 for hot pics & more.

Not a windup Service!

Messages are from real people, and not computer generated. Hook up whenever suits you! 24/7. 18+

Annalise. 43. Newcastle. I am just divorced, hot and naughty! Younger guys especially wanted. TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889

**POSTCODE MATCH!**

See who replies to your postcode....

To be matched to a woman (with HOT photos & maybe HOT videos

Text- NUTS followed by your postcode to 68889

(for example NUTS NE344NB)

Text NUTS followed by your postcode to 68889 and get in on the action! Hook up via your mobile

Text SWAP anytime to swap to a different hot woman

25p per message sent in. £1.50 per received text.

Are you especially looking for an experienced older women?

Use our older women postcode match!

Text: EXPERT

followed by your postcode to 68889 for a quick easy hot match (with photos)

Men/Women 18+ Visit - www.britishhookups.com

and join for free now

www.britishhookups.com

18+

LIVE CHAT

GET HOT & SEXY WITH NAUGHTY GIRLS AT HOME



MATURE LADIES

Hot sexy rated ladies who are very eager to please you! Very dirty and naughty we would love you to call xxx

0909 897 2053



SWEET 18'S

Very adventurous and lovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x

0909 897 2038



SINGLE MUMS

Lush bodies and filthy minds when you want to get fully excited then just call - You'll love it! x Get hot satisfaction right now

0908 145 0576



SEXY & MATURE

OPEN ALL HOURS 24-7 Experienced ladies - do you want it hard and fast - Just call us to get the best get off in the UK XXX

0909 897 9111



40+ YR SHARON

Divorced and sex mad will give you pure relief every time - Total satisfaction X-rated time xxx Real hot extreme relief!

0909 897 9416



POSH TOTTY

Naughty posh girls looking for a bit of rough. Get down and horny with hot nympho's with class. Call now for hot relief!

0908 145 0580



STUNNING FIT SEXY BLONDES

Very sensual 100% genuine & really up for it always horny & ready to get you off - Ring now

0908 145 0581



ON THE PULL

Girls who adore horny guys looking for a quick fix with some totally adult relief. Feel the pleasure and call xxx

0908 145 0575



SEXY CHAV BABES

Give the very best relief - mutual excitement now! Try us now & we will fulfill your dirtiest hot naughty fantasies fast!

0908 145 0579



MIND BLOWING

YOU'LL TOTALLY LOVE IT Naughty girls at home just looking to hook up with guys for the ultimate quickie session anytime!

0909 897 9412



SUPERFAST RELIEF

Are you ready to enjoy yourself cheap horny live get off. girls desperate to relieve you & their own urges xxx

0909 897 9442



HOT FETISH BABES

STRICT LADIES who love to be obeyed! Be controlled if you can handle it call now immediatley. Let them use their big toys on you!

0909 897 0888



FANCY A REALLY FILTHY TIME?

Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief

0909 897 9333



COLLEGE GIRLS 18+ YEAR OLD CUTIES

Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx

EASY & CHEAP, CALL NOW- 0908 145 0582



HORNY DIVORCEE

Very attractive eager women who will always get you turned on. Get off NOW with full adult satisfaction - fancy it?

0908 145 2544



NAUGHTY WIVES

Just hungry for a really dirty wicked time with you. 100% live sexual stimulation when you need it the most! xxx

0908 145 2542



QUICK FIRE GIRLS

Sexy girls who know when its a 1min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx

0909 897 0612



40+ FRUSTRATED AND READY

Looking for many partners, any age/size to unleash their total fantasies Its live, horny & cheap!

0909 897 9405



I'LL BLOW UR MIND

Filthy thrills that'll blow your mind. If you want IT live, Call for serious fast relief now & have the best ever 121 - you'll love it! x

0908 145 2543



ONLY JUST 18+

Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!

0908 145 2545



RING ME, LISTEN AND GET OFF

Pleasure each other totally live for full & total relief on the cheap. Girls waiting to hear from you

0909 466 7250



HORNY GIRLS READY AT HOME

Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ultimate relief x

0908 145 3021



OLD BETTY 62

She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!

0908 145 2975



CHEAP AND LIVE

Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

0909 466 7252



SINGLE & SEXY

Hot alone and ready to give fulfillment superfast! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x

0908 145 2976



NAUGHTY DREAMS JUST FOR YOU

Looking for instant relief, call us today for a really back breaking time of sheer lust & banging relief

0908 145 3020



STUDENTS 18+

Can you handle these shocking students who will do anything and everything it takes! Use them over & over again

0908 145 0578



LUSH & LOCAL

Incredibly filthily skilled local babes ready to take a firm grip. They know just how to handle anything you've got to give

0908 145 2974



OFFICE JUNIORS

Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x

0909 466 7251



DIVORCED & SEXY

Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7

0908 145 0577



SEXY & PHYSICAL

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

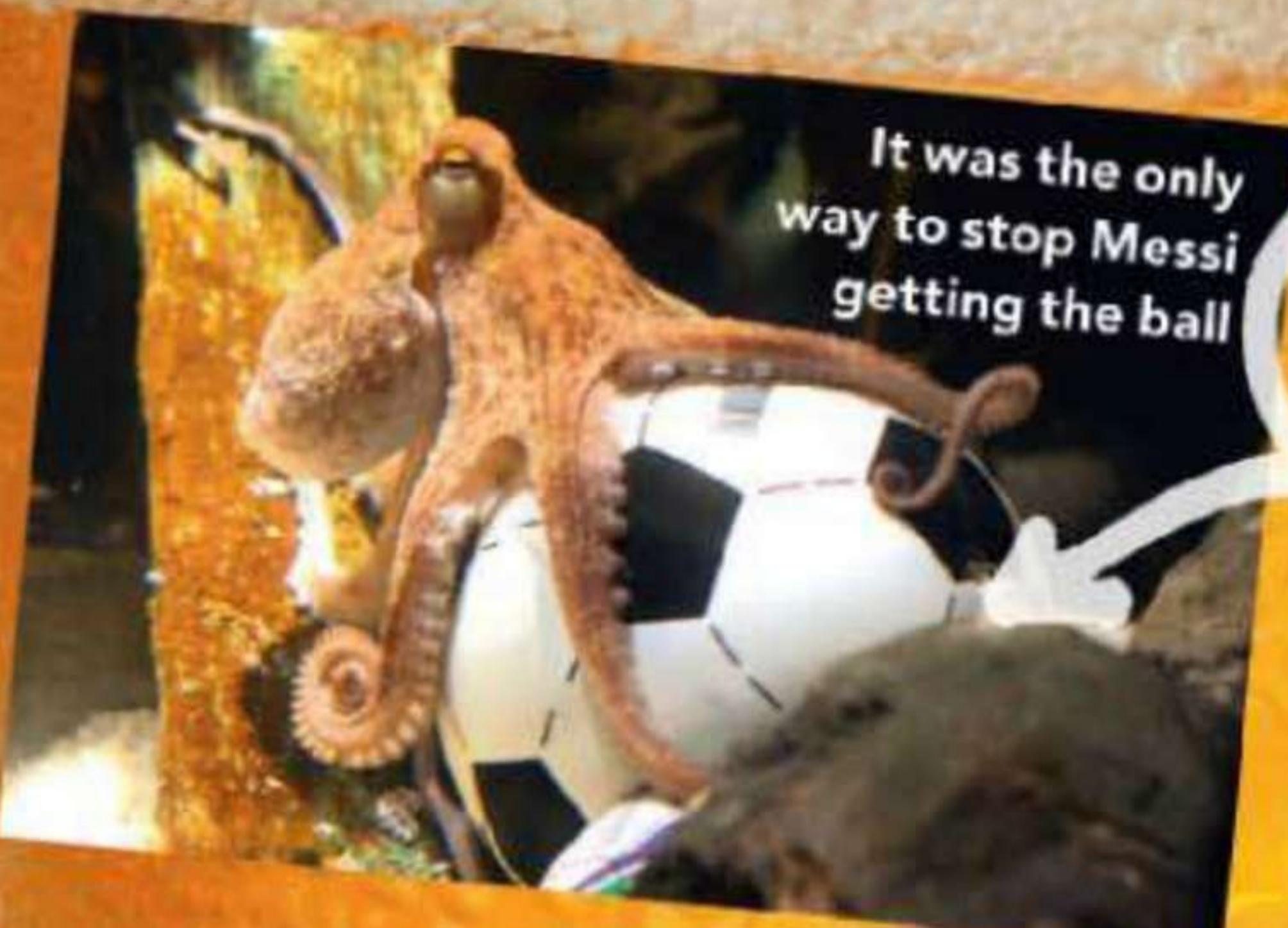
0909 897 9447

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

0908 145 Calls cost 45p per minute + network extras. 0909 466 & 0909 897 Calls cost 51p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.

Nuts PUB AMMO

Top-notch trivia delivered direct from Planet Fact!



It was the only way to stop Messi getting the ball



This time, the burger didn't stand a chance



"Game, set and match... me!"



"I'm going to be even bigger than Bob Carolees!"

Of the limbs of an **octopus**, two are legs used for propulsion and six are arms used for feeding.

Selling moon rock is illegal in the US. A woman from California was recently arrested for attempting to sell a chunk for \$1.7million (£1m).

After the 2001 terrorist attack on the Pentagon, the White House kitchen released 300kg of **beef** to feed hundreds of rescue workers. The meat had been bought for a presidential barbecue that was cancelled after the attacks.

The old Wembley Stadium was originally called the British Empire Exhibition Stadium.

Russian tennis babe Maria Sharapova collects stamps.

There are only three places in the world where divorce is currently not allowed - the Vatican City, the Philippines and Malta.

Of the world's 7,000 languages, 46 have just one solitary speaker.

In May 2007, Heinrich du Preez of South Africa played six rounds of golf on six continents in 119 hours 48 minutes.

US President Barack Obama can bench-press 90kg.

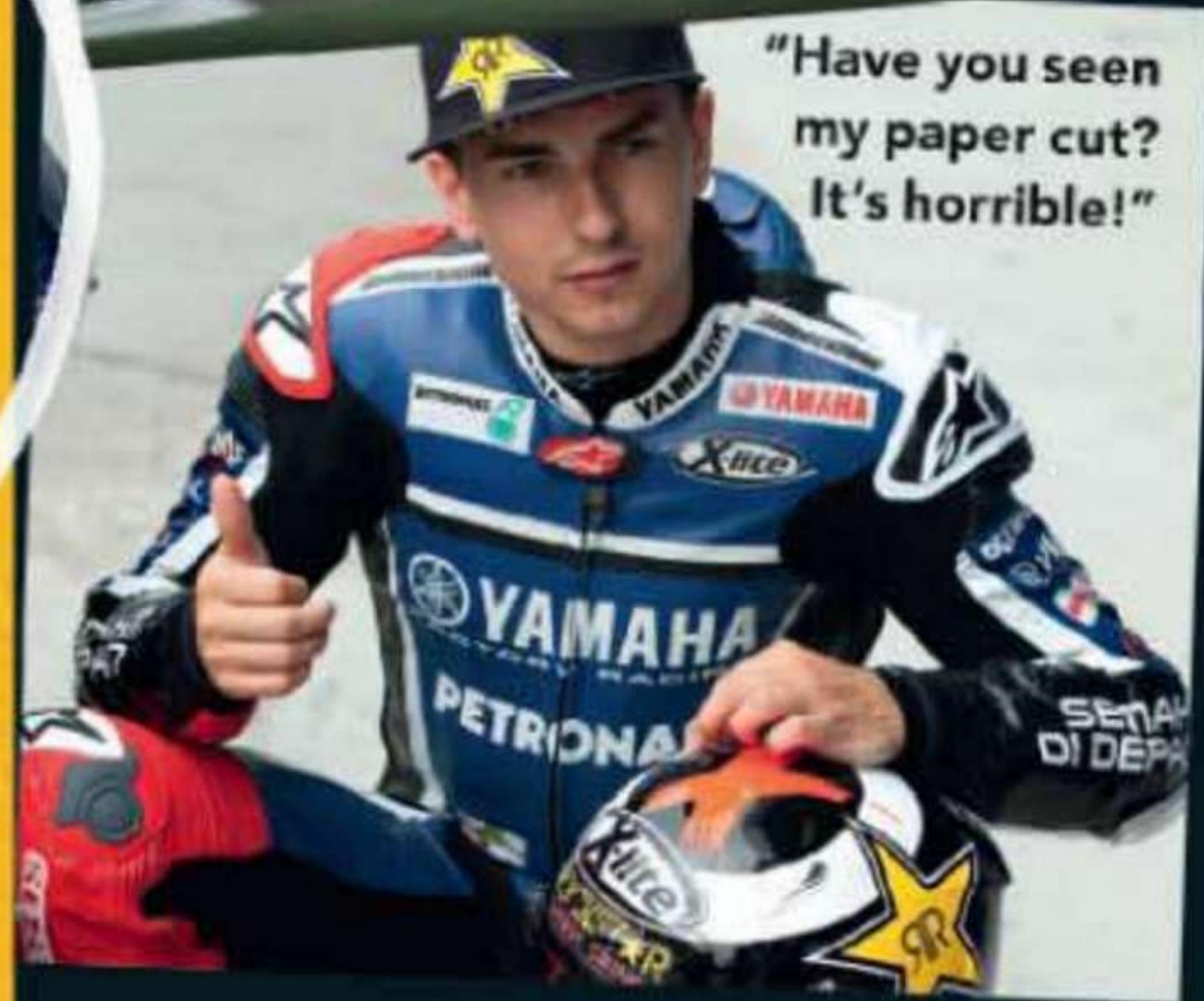
In a flood, fire ant colonies swarm together and interlock to form a "raft" that's kept afloat thanks to their body hair trapping air.

In the 18th century, **beavers** were classified as fish, which meant French settlers in North America were allowed to eat them during Lent.

PUB AMMO ON... MOTOGP

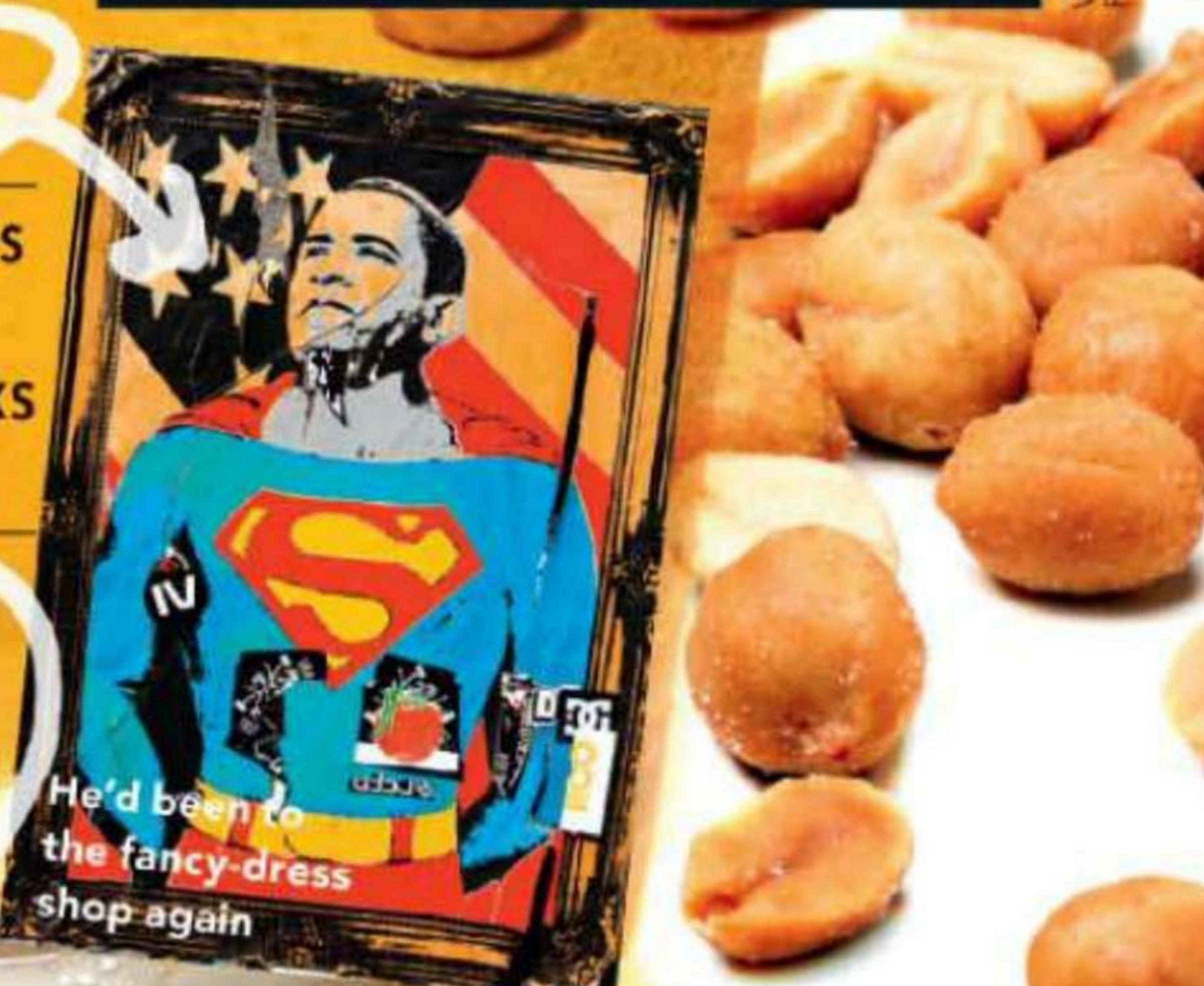


"Whoa! Should have stuck with a Boris bike!"



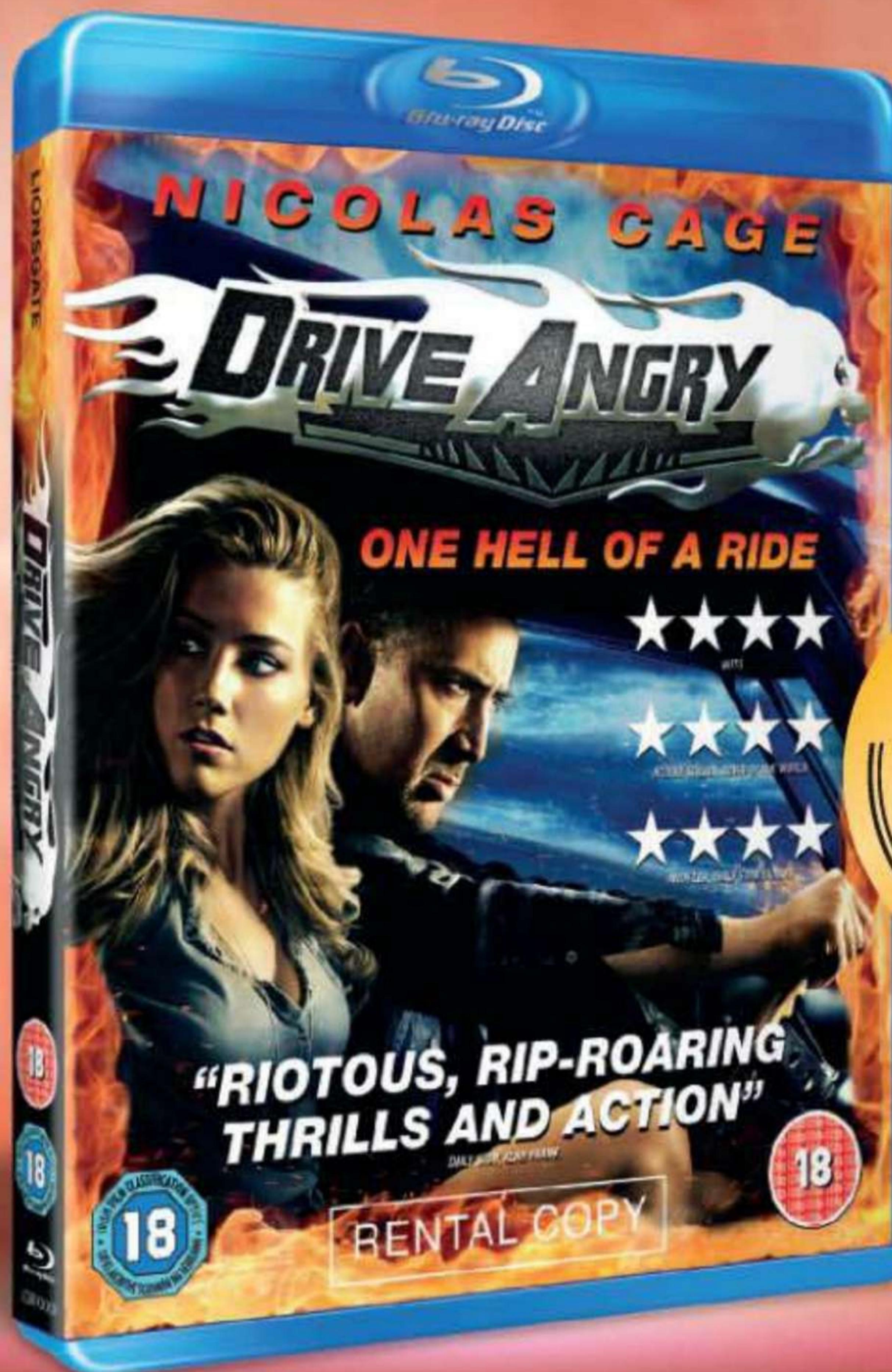
"Have you seen my paper cut? It's horrible!"

- Forty-seven riders have been killed in races since the first MotoGP season in 1949.
- A top MotoGP bike is worth over £2million.
- The character Jorge in Xbox game *Halo: Reach* is named after current MotoGP world champion
- Jorge Lorenzo (above).
- From 2012, the maximum permitted engine capacity for a MotoGP bike rises from 800 to 1,000cc.
- Watch the Netherlands Grand Prix live on the BBC via the red button on 25 June at 1.30pm.



He'd been to the fancy-dress shop again

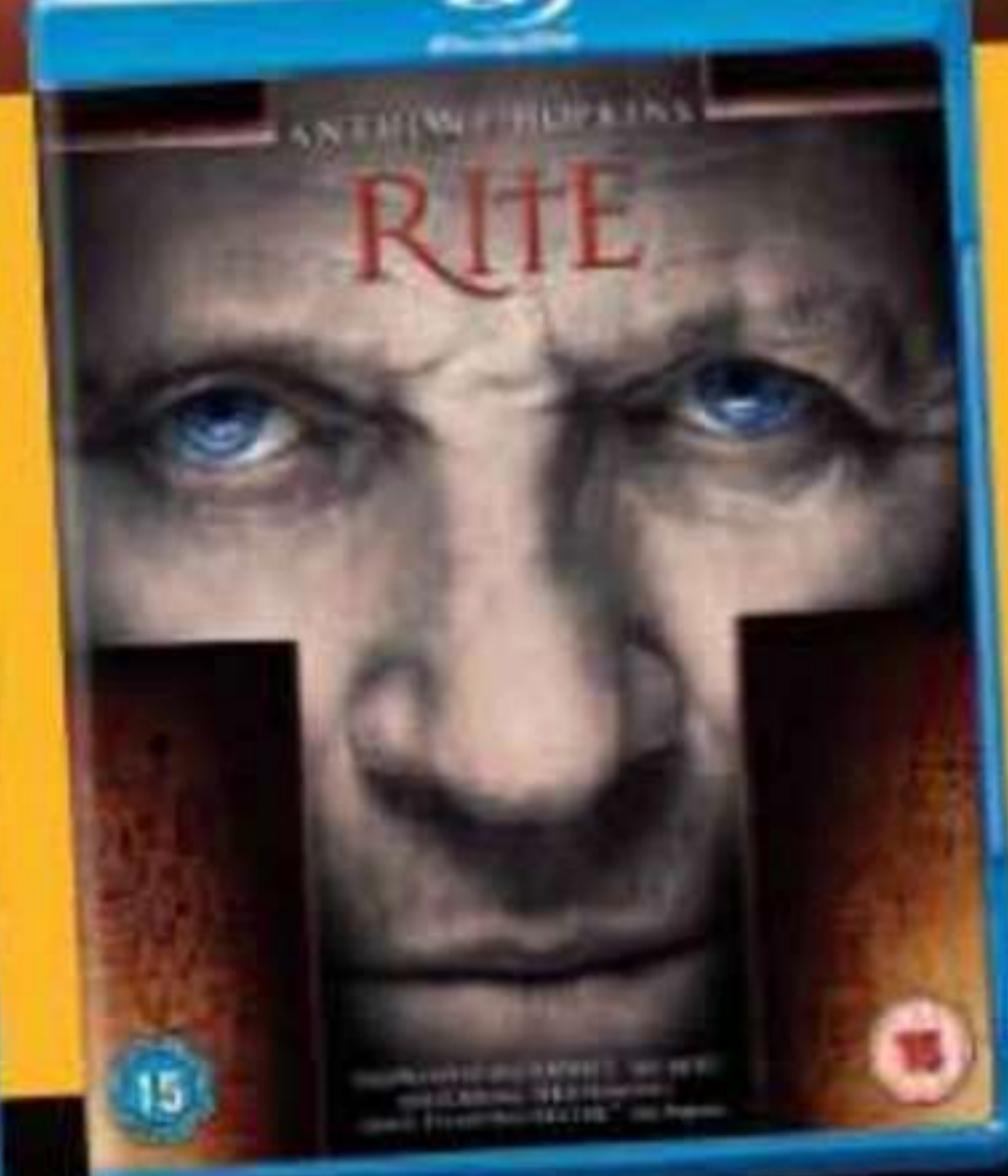
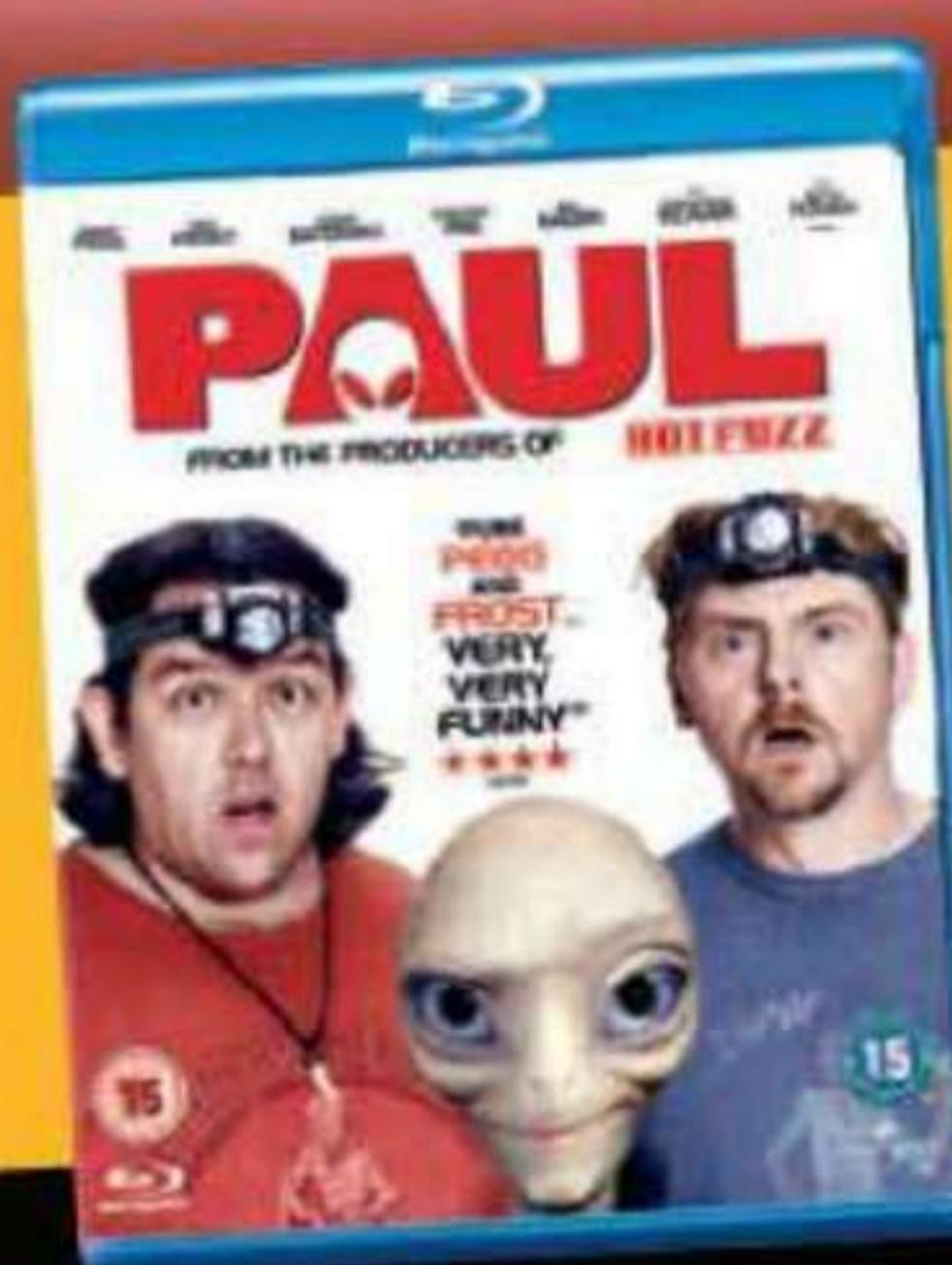
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FOR WEEKS!

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BLOCKBUSTER

“MY SKIN WAS A BIT DRY AND NOW IT FEELS... MORE RELAXED.”

NEW



Gillette®
INSTANT HYDRATION
MOISTURISER



Daniel B
Nottingham.

Complement your ProGlide shave with Gillette Series Intensive Hydration Moisturiser. It's engineered to hydrate and condition skin that has just been shaved. This light, non-greasy moisturiser instantly hydrates your skin for a fresh look and feel.

Its new 3 in 1 formula provides superior hydration*, conditions and also protects your skin from the damaging effects of the sun. Gillette Series Instant Hydration Moisturiser is the perfect finish to a ProGlide shave. But don't take our word for it, try it for yourself.